

## CASE STUDY - **SETTING UP A HEALTHY LIVING CLUB FOR A TARGET GROUP OF CHILDREN**

**NAME OF SCHOOL**

**ST MICHAEL'S CE PRIMARY SCHOOL, KINGSTEIGNTON**

**HEALTH THEME**

**IMPROVING EMOTIONAL HEALTH & WELLBEING**



### **SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS**

- **Healthy Living Club established for 14 target children. Children identified by teachers/school counsellor as either overweight or underweight. The majority also had friendship issues**
- **Club held once a week – led by PSHE Co-ordinator and School Counsellor**
- **The School Counsellor has additional sessions with the more overweight children**
- **Club supported by link with secondary school students [upper KS3 and KS4] and key member of staff for liaison**
- **Club activities include a mixture of kick-boxing, cooking, circuit training, cheer leading, gardening etc.**
- **Relaxation techniques e.g. peer massage and games incorporating social skills are also part of the club activities**
- **'Fruit Parties' or non-cook food tasters are held at the end of each session to introduce the children to new flavours. Also a time to reinforce social skills**
- **Successful trip to Cornwall to participate in the 'Play 4 Life' Challenge**
- **The groups change each term but some of the children have continued to attend throughout the year.**

## EVIDENCE OF IMPACT

- Attendance at the club is very good. Over 50 children have benefited from the Healthy Living Club experience.
- 100% of the end of term evaluations reflect how much the children enjoy the club and that they feel much 'healthier' in comparison to their initial responses to the questionnaires.
- The children love trying the new foods and telling their parents about them
- Children are clear about what eating healthy means and understand that eating can be linked to emotions
- Parents and staff have seen a transformation in their children – they are more confident / less 'needy', happier and enjoying more positive relationships
- The club provided another opportunity to enhance relationships with staff and young people at the secondary school.

## REFLECTIONS FROM THE SCHOOL

Some of the children that attended the Healthy Living Club have now gained confidence to move on to other clubs which is lovely to see. They often pop in to ask what we are doing and stay in contact. Overweight parents of these children have also lost weight. The School Counsellor described the club as the 'highlight' of her week. One parent said that 'as a result of the Healthy Living Club, she is going to work part time to enable her to cook healthy meals with her daughter during the week. As a result, there has been an improvement in the attitude and behaviour of the individual concerned and an improved home relationship.'

### Other successful Interventions

- Emotional Health & Wellbeing through SEAL activities as a whole Learning Community
- Healthy Weight – through a comprehensive set of actions, increase the children's understanding of what is a balanced diet.

### For further information regarding this intervention, please contact -

#### CONTACT NAME

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