

**School Council Report to the Governors**  
**September 2015**

**Healthy Living Day 2015**

Another successful healthy living day was delivered in the summer term, with the school council members taking on the role of teachers for the day to teach the rest of the school about healthy eating and further awareness of anti-bullying. The members of the school council worked incredibly hard planning and delivering the sessions, truly taking ownership over the day more than ever. They had a clear lesson plan for each session with learning objectives and success criteria, and created detailed and attractive IAWB slides to accompany each lesson. These were the final sessions that took place on the day:

- **Healthy Pitta Pizza making-** the school council children researched other foods that we could create easily within school and still ensure that they were a healthy option. The children found the Healthy Pitta Pizza recipe as part of the Smart Swaps campaign from Change for Life. We used wholemeal pitta breads as the base and then topped the pizzas with lots of protein and vegetable filled toppings. The pupils had to design their pizza and state what they had altered or changed in order to make it a healthier option.
- **Hurting Hearts-** the school council children decided that it was important to focus on the effect that unkind words can have on others. They found some jigsaw heart templates and instructed the children to fill one heart full of kind words and phrases that make them feel good about themselves and one heart full of unkind words. They then amalgamated the two hearts together, but using mostly the kind words so that the children understood that kind words can always overpower unkind things and makes everything better.
- **Celebrate in Me-** the school council children have noticed recently that a lot of problems with children that they encounter on the friendship bench and in the playground is with children who have a very low self- esteem and who struggle to see the positives in themselves. The children planned and delivered a session where they began with a circle time activity where the class detailed the things they liked and admired about each other and then themselves. They then drew pictures of themselves detailing their positive beliefs in themselves, which they shared at the end of the session.
- **Physical fitness-** we were very excited to welcome the BFit company back into school for the exercise portion of the day. The children completed and thoroughly enjoyed a range of different activities that they would not usually come across in everyday PE lessons, including Boxercise, Zumba and resistance training.

I began the day by delivering an assembly about the effect of unkind words on others and in particular how nasty things stick in people's minds, even if you say sorry and try to take them back. I used a competition to squeeze the toothpaste out of its tube in the quickest time and then asked the winning child to put it all back in to demonstrate this message. We then discussed the strategies we could use to stop ourselves saying unkind and hurtful things in the first place. This activity was taken from resources given to us by The Diana Award and the Anti- Bullying Ambassadors programme.

**Next steps for the academic year 2015- 2016**

- **Application for the Silver or Gold award for the Anti-Bullying Charter Mark-** when studying the next stage of the award, we realised there were only a few more steps that needed to be taken to achieve this next award. We have planned to create an anti-bullying book induction book to be placed in each classroom in line with the Investors in Pupils booklets, so that children can be up-to-date at all times with Anti-bullying

practices in school. This was originally planned for last year but a huge chunk of our time was taken up with the Diana Award work that we simply ran out of time. This will be a top priority on our agenda for this academic year.

- **Anti-bullying Mentor training**- we are hoping to take another group of children to a regional training event in order to train them up to anti-bullying ambassadors.
- **Presentation to governing body**- we have decided that to detail the significant aspects of the work completed in achieving the Diana Award, it would be better done through a presentation than a report. This will be planned and delivered for the 3<sup>rd</sup> of November meeting.
- **Continuing fund raising through the running of the fruit bar**- In the summer term of 2015, Mrs Thomas took over the responsibilities of buying and preparing the fruit to be sold at fruit bar every day and continues to do a fantastic job! Just in the first 4 weeks of term, we have made over £120 profit from fruit bar sales. Long may it continue!