



Record of Link Governor Meeting 27-2-19 Health and Wellbeing



Leader: SW	Link governor: PF
Date: 27-2-19	Purpose of meeting: Visit as Link governor regarding Health and Wellbeing, including Sports Premium
Activities undertaken:	<p>I visited the school and undertook a learning walk in order to follow up on last term's meeting with SW by spending some time with the children, seeing first-hand how some of the key initiatives we have discussed in previous terms are being put into action.</p> <p>First I was accompanied by the Head Teacher on a learning walk across the school, taking in classes from years 3, 5 and 6. This visit was specifically timed to take in 'circle time' which takes place regularly in classes across FSU, KS1 and KS2. I was especially interested to see this taking place as Sue and I have discussed on several occasions how this time is being used to imbed 'wellbeing' principles into teaching and into classroom culture.</p> <p>All of the classes I visited were taking different approaches to exploring the theme of anxiety. In each class the children participated in a group activity that encouraged openness and honesty about their own worries.</p> <p>Year 5 were quite focussed on their forthcoming Outward Bound trip and inevitably a number of the children were worried they would miss home. One child mentioned they were worried they would fall down a mountain! I could see that the practice of sharing personal worries really encouraged the children to open up without fear of judgement by teachers or other pupils.</p> <p>There was further evidence that 'wellbeing' is a continuous focus as the children were aware that if they have worries at any time, they could put them in the 'worry box' and knew that they would be reviewed by an adult that they trust and that this could lead to help and support.</p> <p>In year 6 classes, the discussion among the children focussed on the pressure they felt around the forthcoming secondary school admissions outcome.</p> <p>I was impressed that as well as talking about how the children felt internally, the conversation took account of the physical symptoms of stress and anxiety such as 'jelly legs'. The teacher steered the conversation towards techniques the children can use to cope with anxiety, such as breathing methods. This showed a good link to the schools focus on developing resilience as a personal attribute.</p> <p>Across all the classes I visited, children were really positive about the experience of sharing their worries and discussing how worries can make us feel. I saw good evidence of boys being equally, if not more, willing to share their thoughts and feelings as girls. I was pleased that the school demonstrated how wellbeing is being given a high priority and allocated regular time in classrooms at all the stages.</p> <p>The second element of my visit was an opportunity to join a Year 1 class with an outdoor PE session lead by the Sports Coach. The session used football as a way of developing general physical skills such as control and coordination. I could see evidence of each child receiving attention to their development and the Sports Coach used a system of allocating coloured vests throughout the activity to track skill levels and gather data to update reports on each pupil and</p>

	<p>track their progress.</p> <p>I spoke with children participating in the class, who were all enthusiastic about their PE lesson. I also noted that discipline was extremely good with all of the children diligently following the instructions they were given, having good awareness of others around them and keeping the footballs well under control.</p>
Link to school development plan:	<p>The sports premium has an action plan that links to the development plan.</p> <p>There is a health and wellbeing action plan that links to the development plan</p>
Developments discussed:	<p>Development of circle time as a vehicle for exploring wellbeing and PSHE topics</p> <p>Development of the Sports Coach who is undertaking a Level 5 qualification.</p>
Whole school impact:	Impact on the health and wellbeing of the pupils in the school
Actions to develop:	Arrange meeting with SW and RP to discuss action plans and activities planned for the future.