



HEALTH AND WELLBEING WEEK FEEDBACK

Jan 2019

Rate each of the following events on a scale of 1-5, with 1 being the worst and 5 being the best.

| Events | 1 | 2 | 3 | 4 | 5 |
|---------------------------------------|----|----|-----|-----|-----|
| Free breakfast | 1% | 4% | 12% | 14% | 69% |
| Live-N-Learn assembly | 1% | 4% | 12% | 23% | 60% |
| Live-N-Learn workshops (P4-7 only) | 3% | 1% | 10% | 25% | 61% |
| Jammin' Fitness workshops | 4% | 1% | 12% | 14% | 69% |
| Work on health and wellbeing in class | 4% | 6% | 13% | 22% | 55% |

What was your favourite activity this week?

Jammin' Fitness (35) Live N Learn (18) Free breakfast (8), Work on health and wellbeing in class (7)

What did you learn this week?

Growth mindset (14), staying healthy (9), importance of breakfast (7), staying fit (4), dance (2), the need to practice, sleep, positivity, differences, respect, emotions, rights, SHANARRI.

Do you feel we met our aims?

| Aims | Strongly Agree | Agree | Disagree | Strongly Disagree | Don't know |
|--|----------------|-------|----------|-------------------|------------|
| To live by our school's vision, values and aims. | 42% | 37% | 4% | 4% | 13% |
| To learn about the importance of breakfast. | 58% | 31% | 4% | 3% | 4% |
| To understand and develop a 'Growth Mindset.' | 63% | 26% | 1% | 5% | 5% |
| To remind ourselves about anti-bullying. | 63% | 26% | 1% | 5% | 5% |
| To set new goals for the coming term. | 44% | 37% | 5% | 5% | 9% |
| To understand more about our overall health and wellbeing and increase it. | 50% | 37% | 6% | 0% | 7% |

Further comments/ideas:

New sports (tasters), look at sugars, hygiene, anti-bullying committee, energy, sleep, more P.E, ICT, increase breakfast (don't have Coco Pops), porridge for breakfast, fruit day, feelings.

Conclusions/Next steps:

- Health and Wellbeing Week is still very popular and mostly meeting it's aims but, is not for everyone.
- Jammin' Fitness remains the best activity of the week with the Growth Mindset workshops (only upper classes) still having a positive impact. We have already booked Jammin' Fitness again for next year.
- Breakfast is still popular with 10-15 children taking up the offer of free breakfast each day. They enjoyed the introduction of fruit this time but, were keen to point out the healthy and unhealthy cereal options so, no Coco Pops next time and other options such as, porridge instead. This could perhaps be included in the P6 or 7 cooking clubs.
Most (89%) children felt that we had taught about the importance of breakfast throughout the week.
- We included anti-bullying this year as an extra and the children are keen to develop this further. It was a good lead on from our work for anti-bullying week prior to Christmas. We will look to further this through the Wellbeing Committee. Again most (89%) children felt we had reminded them about choosing respect.
- There were many ideas for how we could further expand what we look at in Health and Wellbeing Week. This gives us opportunities to involve other partners such as, the school nurse, dietician, local shops selling local produce e.g. for fruit day and the High School P.E. staff more. Again, we will work with the Wellbeing Committee to consider how to take this forward next year and expand the work done in class.
- The Learning Council discussed tying in the school value of 'Creativity' as well with the Health and Wellbeing week - with consideration given to Creativity supporting people's wellbeing. This will be an area that the Wellbeing Committee will also consider including relaxation as part of this week. The wellbeing skills academy currently offered has proved very popular so far.