



## HEALTH AND WELLBEING WEEK FEEDBACK

Jan 2020

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	2%	3%	24%	20%	51%
Tennis tasters (P5-7)		9%	43%	22%	26%
Morning assemblies - emotions characters and cogs	2%	5%	21%	19%	53%
Live-N-Learn workshops (P4-7 only)	1%		18%	14%	67%
Heart Start training (P7)			4%	13%	79%
Yoga	9%	12%	22%	19%	38%
Jammin' Fitness workshops (P1-3)		3%	64%	3%	30%
Work on health and wellbeing in class		11%	18%	25%	46%

### What was your favourite activity this week?

- *Yoga, Live-N-Learn workshops and morning assemblies/emotions - all received 15 votes*
- *Heart Start - 14 votes*
- *Tennis - 13 votes*
- *Free breakfast - 12 votes*
- *Jammin' Fitness - 4 votes*
- *Work in class - 2 votes*
- *The infant class loved the yoga the most while the Heart Start training was firm favourite with P7.*

### What did you learn this week?

- *The importance of sleep (x14), how much sleep to have (x2), how to get a better sleep, sleep is good for the brain, if you don't get enough sleep your brain forgets, the stages of sleep (x8), that watching TV before bed can affect your sleep*
- *About emotions (x12), the emotion cogs (x6), that emotions have triggers, how to get calm when you are mad*
- *How to use a defibrillator (x7), how to respond to save someone life -CPR(x9),*
- *You have to drink a lot of water/how much water to drink (x6), about hydration and dehydration, how much sugar is in a drink*
- *How to stay relaxed through yoga (x3), yoga poses (x5)*
- *How to play tennis (x3)*
- *Live-n-learn games (x3)*
- *Some restaurants aren't healthy, healthy eating (x2)*
- *An Indian dance,*
- *How to take care of myself*

## Do you feel we met our aims?

Aims	Strongly Agree	Agree	Disagree	Strongly Disagree	Don't know
To understand more about how our emotions work	56%	35%	1%		8%
To drink more water throughout the day and understand how this supports good health	68%	28%	3%		1%
To increase our physical activity including time outside	51%	37%	9%		3%
To learn about staying safe	66%	26%	3%		5%
To learn ways of relaxing	49%	37%	5%	1%	8%
To understand the importance of sleep	69%	25%			6%

Other comments to help us improve: *outside more (x3), field trips, more yoga (x3), house points for a healthy lunch*

### Conclusions/Next steps:

- A wider variety of subjects has been enjoyed by almost all pupils, with different stages enjoying different areas. The learning points are a lot more detailed this year and the children have retained a lot of information from the week.
- Almost all children felt our aims were met with increasing physical activity and learning relaxation two slightly less with only most feeling we met these. *This may be due to one specific activity for relaxation although this was one of the favourites.*
- Going outside was difficult due to the storm passing through this week with severe gales and rain preventing this. *A focus on an outdoor activity, perhaps involving partners such as Woodland Trust may be an idea for next session or tying in relaxation and outdoors.*
- Breakfast was still a favourite with 21 being the most children who attended. This is more than in previous years. There was a wider variety of options this time and although the porridge wasn't used, the children enjoyed trying different fruits. *Tying something in with a healthy lunch and involving the cooks would be a good progression for next session.*
- A wider use of partners was included this year with the High School providing taster sessions of lacrosse and other sports, providers such as Jammin' Fitness, yoga, the Care Centre, Live N Learn, Emotion Works, Fire and Ambulance Service all involved. *This is something we looked to tie in with skills for life and work and highlighting these in following years: continuing to widen our partnerships will be looked at. We have already extended the work with Jammin' Fitness to allow the P6 and P7 children to develop their skills to lead a dance skills academy and playground games.*
- Joining the citizenship groups up to each of the aims, was felt by staff to help them understand more about this and gave the children ownership of understanding and developing these areas. *Feeding back at assembly was a good way of sharing this and this will be planned into next year's HWB Week also.*