

Governor Monitoring Form

Governor Name: Monique Grace
Date of Visit: 6.11.18
Purpose of Monitoring: Monitoring DA 1: Embedding healthy living and well-being.
Format of Monitoring: Meeting with Ms Francis Watts and Mrs Denise Mead
<p>Report of Observations or Discussions: First meeting with the humanities leads. So a general discussion about what/how/assessment criteria/planning etc is done. Generally a Q&A session, with discussion arising.</p> <p>How are we embedding healthy living and well-being at Ongar? Physical Wellbeing:</p> <p>Healthy Schools. Already have Bronze, just achieved recently the Silver Award, and working towards the Gold by the end of the 18/19 school year. Silver was achieved by writing an action plan of how we're going to be a healthy school. Gold achieved by reviewing it.</p> <p>Elements devised and put in place:</p> <ul style="list-style-type: none">-Teaching healthy eating.<ul style="list-style-type: none">Reviewing lunchboxes. Year 6 take photos and class activities are developed from this.Children are encouraged to have school lunches. Menus are put on display at child height and examples of meals are shown.Cooking (Fit for Life). Now we have a school kitchen, all years have at least two sessions of cooking a year.<ul style="list-style-type: none">Year 6 plan, budget for and cook a three course meal.Pupils are taught the provenance of food at events like European Day of Languages.(Each class is given a country and they learn about its culture and through art, history, geography, food tech, amongst other subject areas, they learn about that country. Usually a parent/carer may be involved in aiding if they have links to the country in question. Traditional food is made, discussed and tasted.)-Being more active<ul style="list-style-type: none">PBs. Each year is given a different timed activity and it is reviewed at certain intervals throughout the year (approx. 2/3 times a term). E.g. Number of squats in a few minutes.5 minute fitness breaks. (Before they did Run To Rio, but changed)Maths of the day, which is usually active.PE specialists are brought in: KS1 Synergy (dance troop), swimming (specialist swimming teacher), outdoor PE. Netball specialist for Yr5/6.All is differentiated. <p>Extra-curricular physical clubs at Ongar Place: Judo, Dodgeball, Football, Dancing, Each child is suggested to do at least one extracurricular club.</p> <p>Ways in which pupils can represent the school through a physical medium: Dare to Believe, MultiSkills, Hockey, Football, Rugby, Tennis, Golf, Orienteering, District Sports, Young Leadership</p>

How are we embedding healthy living and well-being at Ongar?

Emotional Wellbeing:

PHSE is now RHE (Relationships, Health and Education) and does not specifically have to be planned in according to the National Curriculum. It is embedded into most teaching areas anyway. (The sex part of PHSE is covered in Science, as part of the National Curriculum.)

Specific Emotional Well-being events:

Guildford Flames coming in to discuss bullying.

Bikeability (KS2) Pedals (KS1)

Restaheart –CPR and First Aid teaching

Junior Citizen –Year 6

Pretty much within every lesson e-safety is taught.

Arts Mark. Ongar is doing this. A performance, drama accreditation.

In every subject, topics are taught to aid the pupils’ physical and emotional well-being.

E.g. Geography-map reading and interpreting data.

History-taught to pursue lines of enquiry. Differentiate between fact, fiction and opinion.

Ms Watts and Mrs Mead implement ideas and as and when, and when required work closely with the PE department too. They meet together specifically in the weekly staff meetings, or at the curriculum meetings, which is once every half term.

Together they trial their well-being plans in their individual classes, and if successful develop it out to the rest of the school.

Links to Success Criteria in School Development or Other Positive Comments:

DA1 Embedding healthy living and well-being.

DA2 Broadening Children’s Aspirations for the Future. Having so many external bodies coming in to discuss their jobs, opinions and experiences, as well as teach vital physical and emotional well-being topics.

DA3 Increasing greater depth and mastery through teaching, learning and intervention. As above and encouraging extra-curricular activities.

DA4 Further empowering parents to encourage and support children. E.g. European Day of Languages

DA7 Ensuring the continuation of broad and balanced curriculum provision.

Actions or Questions Arising:

Specific targets for aiding mental health?

Suggestion for future monitoring activity:

Discussion with Mrs Watts and Mrs Mead next term. Discuss progress of Healthy Schools Gold mark and the questions arising.

Date sent to Headteacher and Clerk:

22.11.18

Other comments following presentation at Committee