

## Riverside Primary: Health and Wellbeing review visit 19.07.18

### Feedback Summary

Riverside Primary is currently a one form entry school which achieved a Good rating in their last Ofsted inspection. Riverside is part of the Rainham Mark Education Trust (RMET). The trust is currently made up of Rainham Mark Grammar School as the lead sponsor, Twydall Primary School and Riverside Primary School. Riverside is a mainstream primary school with provisions for a small number of children with Education Health Care Plans for autism and visual impairment. The school has a warm and welcoming atmosphere which provides a safe and happy learning environment for all pupils. The school demonstrates a passion for improving the health and wellbeing of their staff and pupils and this is evident from senior leadership teams all the way through to lunchtime staff.

PE coordinator Harry Paterson is the schools lead professional for the Health and Wellbeing pilot programme. Harry clearly values the contribution that health and wellbeing in education makes to the development of pupils at Riverside Primary. The head teacher has embedded a whole school approach to health and wellbeing, with a holistic approach to pupils. The school has a number of therapeutic interventions including Forest school, Listening Ear and their therapy dog Eddie.

Of the four core areas mental health and emotional wellbeing provision and PSHE are very strong. There are also several key strengths in the areas of healthy eating and physical activity

Theme 1	Personal Social Health Economic Education (PSHE) including Relationship and Sex Education (RSE).
Leadership and Management	<p>PSHE lead Laura Tullet is responsible for PSHE provision, supported by Harry Paterson.</p> <p>Riverside Primary has a comprehensive improvement plan, which includes their aim to improve assessment in PSHE.</p> <p>The school has up to date PSHE and RSE policies that are regularly monitored. They are available to all staff and parents can access them through the website.</p>
Curriculum	<p>The school has a planned PSHE curriculum for the whole school. They are currently using the Jigsaw Programme, which combines PSHE with emotional literacy, social skills and spiritual development. This is a quality assured resource that provides a spiralled, broad and balanced curriculum, which includes detailed lesson plans for each subject.</p>
Pupil Progress and Assessment	<p>Some monitoring across the school by the PSHE lead.</p> <p>Teachers use AfL and AoL in lessons and provide pupils with encouraging feedback.</p>

	Pupil's progress is celebrated in number of ways, including celebration assemblies, certificates, postcards home to parents and progress awards. Pupils are also able to be nominated for a governor award, which is awarded to the pupil that has most upheld the school values.
<b>Staff development and training</b>	All staff that deliver PSHE have received training. This training was delivered by Harry Paterson, using quality assured training materials from Jigsaw.
<b>Resources and external services</b>	The school has a wide range of resources which have been chosen to reflect pupil's needs and adequately cover topics within the curriculum. There are good links with external agencies such as School nursing and Medway's child health team.
<b>Pupil Voice</b>	Pupil voice is a school priority and pupil opinions are captured in an annual survey. There is a school council group that has a number of functions, including projects in the local community.
<b>Parent Voice</b>	The new Jigsaw curriculum has been shared with parents and carers via a PowerPoint presentation. Parents and carers are kept up to date through newsletters and the school website. The school has recently set up a parent forum and its first meeting was well attended. Parents and carers are able to report any concerns in a number of ways including a parent survey and contacting the parent governor.

<b>Theme 2</b>	<b>Mental Health and Emotional Wellbeing</b>
<b>Leadership and management</b>	<p>There is a clear commitment from SLT to raise the status of emotional wellbeing in Riverside Primary. It is a school priority and features throughout the school improvement plan.</p> <p>All school staff are aware of all relevant policies and staff meets regularly to monitor and update policies.</p>
<b>Environment</b>	<p>Riverside Primary has a safe and nurturing environment, this has been created through a number of initiatives. Each classroom has a pupil worry box that each teacher monitors. There are a number of therapeutic interventions available, which pupils are able to self-refer to including art therapy and time with Eddie the schools own therapy dog.</p> <p>There is the Rainbow room for any pupils that need some down time or some extra support.</p> <p>Positive behaviour and safety is encouraged through the schools positivity and praise system. This includes the use of initiatives such as the 'Captains Table' and the 'Red Beast'.</p>



<b>Building Resilience</b>	Emotional wellbeing is a strong focus of the PSHE curriculum, which gives pupils a safe space to explore social and emotional learning. The school provides a number of programmes that promote pupil resilience including art and Lego therapy.
<b>Early Identification</b>	<p>The school has a number of highly qualified and experienced members of staff that are able to deliver a number of therapeutic interventions. The school provides inset days to staff on emotional wellbeing and SEND.</p> <p>Staff have also received CPD on Youth Mental Health First Aid, Talking and Drawing and the Listening Ear.</p> <p>School HSSW has good links with CAMHS and provides an excellent signposting service to pupils and parents.</p>
<b>Pupil Voice</b>	<p>Pupil voice is a school priority and pupil opinions are captured in an annual survey.</p> <p>The school takes part in the Medway PH 'Health Boards' programme which provides pupils with the opportunity to take part in health promotion activities and promote key health messages to their peers.</p>
<b>Parent Voice</b>	The HSSW also has a fantastic relationship with parents and is able to sign post parents and carers to a number of internal and external services. The school also sends out a parent survey and has recently set up a parent forum and its first meeting was well attended.

<b>Theme 3</b>	<b>Healthy Eating</b>
<b>Leadership and Management</b>	<p>The school has a welcome eating environment that encourages the positive interaction of pupils. Staff are offered incentives to eat in the school canteen and this ensures that pupils and teachers eat together often. The school has a robust food policy that is reviewed regularly.</p> <p>The school has a wonderful initiative, the 'captain's table' in which as a reward, children are able to eat lunch at a specially decorated table with the head teacher.</p>
<b>Curriculum</b>	Nutrition and healthy eating is a strong feature of Riverside Primary. Cooking and growing are shown across the curriculum and the school has a number of programmes that support healthy eating, including cooks corners, adopt a chef and food smart assemblies. The school has good links with the Better Medway teams and has a very well equipped onsite kitchen that is used by all pupils. Pupils have a very good understanding of food growing and the school has recently purchased a bio dome. This wonderful new feature will provide a fantastic learning experience and can only strengthen an already brilliant nutrition curriculum.

<b>Staff development and training</b>	School cooks are important and valued members of staff. They are well respected by pupils and other staff members. All staff hold a hygiene certificate and staff have completed the BNF training 'Teaching food in primary'.
<b>Food in School</b>	<p>There are a number of healthy food options available to pupils throughout the day. This included a free fruit and salad bar and milk at lunch time. The school also provides free porridge and ensures snacks are healthy. The school canteen is a clean and inviting environment. Healthier food and drink options are promoted and catering staff.</p> <p>School meals are provided by Chartwells and are nutritious and balanced and are fully compliant with the School Food Plan.</p>
<b>Resources and external services</b>	<p>The school has regular meetings with school caterers Chartwells.</p> <p>They only work with suppliers whose food guidelines on growing meet their own high standards.</p>
<b>Pupil Voice</b>	When asked about school meals pupils were very positive. They are able to share their opinions on food in school in a number of ways including through the school council.
<b>Parent Voice</b>	HSSW has great links with parents and carers and they are able to share views or concerns through the parents forum. The head teacher of Riverside Primary is very accessible and makes to listen to parent voice.

<b>Theme 4</b>	<b>Physical Activity</b>
<b>Leadership and Management</b>	Riverside Primary has a whole school physical activity policy, and physical activity is a strong feature throughout the school. It is an intrinsic part of the school development plan and the school has a PE Action Plan that measures the impact of the primary PE and Sports Premium.
<b>Curriculum</b>	<p>PE is a strong feature of the school curriculum and it provides a broad range of activities. All pupils have regular timetabled PE lessons.</p> <p>PE lead provides opportunities for all pupils to take part in extracurricular activities that promote physical activity. There are a number of innovative activities including the whole school warm up and the weekly dance. The school has a healthy living week and takes part in Fit 4 Kids workshops.</p> <p>The school promotes an inclusive and encouraging attitude to physical activity and provides a number of sports clubs including SEND sports club.</p>

<b>Pupil progress and assessment</b>	PE is well planned and promotes pupil independence. Physical activity is monitored and evaluated by PE lead.
<b>Staff development and training</b>	PE lead is undertaking PESSPA training and the school incorporates the Rising Stars programme which supports non specialist teachers to provide high quality PE lessons.  Staff are encouraged to be physically active and the academy trust provides free yoga sessions and access to the gym.
<b>Resources and external services</b>	Riverside Primary has good links with the Howard School Partnership and they hold a wide sporting events for all of its schools.  The school has good links with the road safety team and pupils have the opportunity to take part in the Bikeability course.
<b>Pupil Voice</b>	Physical activity is accessible to all pupils. Pupils are able to feedback and influence activities through the sport council. Pupil voice is also captured through pupil survey.
<b>Parent Voice</b>	Parents and carers were invited to take part with pupils in the 'Stay and Dance' activity. Parents and carers also take part in sports matches against the school staff.

## Final summary

Riverside Primary is a warm and nurturing school and pupil health and wellbeing is a clear priority. The school take a holistic approach the development of pupils and this is clearly successful as pupils are happy and thriving in this positive school environment.

Riverside Primary should be very proud of its ethos and is a shining example of how embedding health and wellbeing across the school can have a positive effect on pupil achievement and attainment.

Many congratulations on achieving Platinum status in the new A Better Medway Schools Award scheme.

Signed: *Sofie Wheeldon*

Date: *4th September 2018.*

**Child Health Programme Manager, Medway Public Health**