

# St Stephen Churchtown Academy

50 employees  
Primary School



## Healthy Workplace

### **What we do:**

We are responsible for the education and care of children aged 3-11.

### **Why we became a healthy workplace:**

St Stephen Churchtown Academy is committed to obtaining a healthy and positive mindset for all staff. As part of Aspire Multi Academy Trust, we have been part of the Healthy Workplace Award Programme for some time now. We also have two health and wellbeing champions; both of which strive to attain happiness for all who work within academy.

### **Recent health and well being activities:**

In the last year, we have hosted and participated in many events and excursions surrounding the health and wellbeing of our staff.

One of which being the "Healthy Workplace Initiative". We hosted this event for our staff; our aim being to encourage further understanding of the importance of a healthy, balanced diet, and the safe, controlled ways to manage it. The project was for 12 weeks and involved a weigh-in in the first session and another at the last. All staff that attended, used this time together to exchange snack/meal ideas and talk about their experiences with the

sessions. This, in conjunction with the outstanding turnout, allowed each member of staff to have successful results, with everyone either obtaining weight or losing their weight. The program was enjoyed by all who registered, and was a massive success.

We also have get-togethers to celebrate all the hard work each member of staff has put in and take a moment to recognise all that's contributed to the school. These have been hosted by local establishments and have become a looked forward to affair, as they are enjoyed by all. These excursions uplift the working environment, promote and encourage healthy relationships between members of staff and draw everyone closer as a community. The get-togethers can be anything from a small buffet to a four-course meal; the enormity of the event is never the main priority when in comparison to the positive network we hope to achieve. We tend to have these events around the Christmas time, as its a brilliant time to de-stress and take a minute to find happiness within the chaos of the festive period, not only in the work place but also home life.

As apart of our work as an academy, we strive to give back into our community, not only locally but around Cornwall. One of these being a beach clean, that we arranged within the school. This time was used, not only to improve the environment surrounding the local area but also to allow the staff members to bond and

connect with one another in a calm and serene environment, out of their place of employment. We are proud to announce that we now have a qualified Mental Health Distress First Aider, available within our school.

### **Plans aims for the next year:**

In the coming year, our main aim is to focus on the mental wellbeing of our staff and promote resilience. One of the ways we plan to do this is by having a Twilight session. This session will be available for all staff, to equip them with the knowledge and understanding of the obstacles, signs and symptoms around anxiety, depression and stress. We will also continue to provide fresh fruit in the staff room and reiterate the importance of staying hydrated and having a balanced diet.

### **Quote feedback from Director:**

"Raising the profile of Health and Wellbeing and recruiting health champions has been very positive for our academy and continues to be a priority. It plays a vital role in helping us provide the very best education that our children deserve and supports the rapid improvements that are being made since joining Aspire." -Director