

# Mount Hawke Academy

45 employees  
Primary school for children  
aged 4-11



## Healthy Workplace

### What we do:

At our school, children are valued as individuals whilst being encouraged to learn and grow together, building confidence in a safe, exciting and happy environment.

Our aim is to promote a positive attitude towards learning and working, whilst respecting each other. This enables our children to achieve their full potential.

### Why we became a healthy workplace:

Mount Hawke Academy is committed to establishing a positive, attainable Health and Wellbeing programme. As the school continues to grow, so does our incredible team and so we strive to build upon our motivated and dynamic workforce.

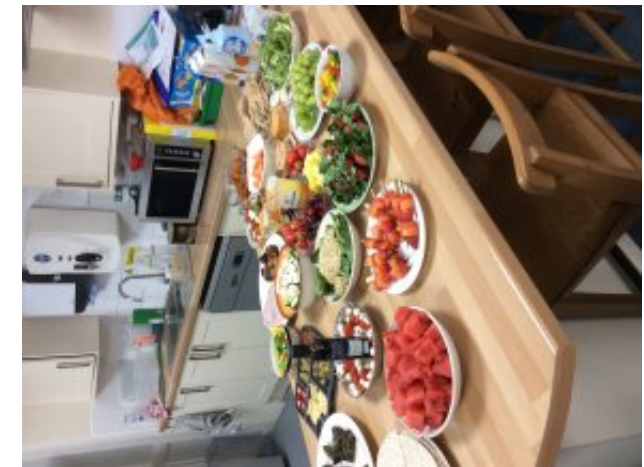
We are in a profession that demands a lot from us and so the Health and Wellbeing programme is crucial in ensuring that all staff feel valued and are supported in all areas. We want to celebrate each other's achievements, recognise when another needs a helping hand and expand our wonderful Mount Hawke family.



### Recent health and well being activities:

The Secret Buddy system  
Healthy Eating Week including healthy buffet  
Stress Awareness week, including an awareness workshop  
Health Checks for all

Fitness gallery and celebration of achievements  
Staff entering events such as Toughmudder  
Celebration buffets  
Termly performance management for all  
An updated and full resource area for all staff  
Discounts and vouchers offered to staff  
Urine charts and a water system in place  
Staff questionnaires  
Joint Pain Advisory service



### Plans aims for the next year:

Set up an after school boxing session for staff  
Access training and resources made available on Healthy Cornwall  
Continue the support of MSK