

Shortlanesend School²⁴

We are a primary school on the outskirts of Truro.



Healthy
Workplace

What we do:

Shortlanesend School provides a rich, immersive all round education for children from the ages of four to eleven. We are passionate about providing a range of stimulating learning opportunities, which develop the whole child, whilst seeking to support our families and the community around us.

Why we became a healthy workplace:

Shortlanesend School staff are dedicated to providing the very best education for all children at our school. They work incredibly hard to ensure that every child receives personal support, care, attention and education. Therefore, as a leadership team, it is vitally important we provide our staff with a meaningful and purposeful Health and Well-being programme. Becoming a Healthy Workplace has provided a solid foundation and framework for us to ensure that our staff feel and are valued, looked after, appreciated and cared for. We can not expect our staff to look after the children to our exacting standards, if we do not firstly look after them. By providing a fluid and flexible programme, we help staff to stay highly motivated.



Recent health and well being activities:

Our recent activities include:

The embedding of a Health and Well-being calendar of events, which has provided a new monthly focus for our staff-room display and

school events.

Release time for staff to buddy up to explore mindfulness activities - walking the coast, painting and baking for example.

Investment in toilet facilities and toiletries made available to enable staff to feel valued and positive about themselves.

We continue to plan regular social outings throughout the year; these include trips to the cinema and the theatre.

Regular 1:1 confidential well-being chats are arranged with the Head Of School.

Craft evenings - Christmas pottery for example.

We also support charities through a range of fundraising events, including:

Oncology Department at Treliske

Children In Need

Cornwall Air Ambulance

Ellie's Haven

Over-arching all of this is our natural support for each other

Shortlanesend School²⁴

We are a primary school on the outskirts of Truro.



Healthy Workplace



well-being is the number one priority.'

'Shortlanesend is such a supportive school. Even when going through hard times everyone looks out for each other. There is a warmth and kindness that fills every classroom.'

'Our school is a place of caring, amazing people who look out for all the children and each other.'

Success Story:

We have recently adapted our weight control group to an after school group; here everyone can celebrate their progress whilst being supported by the challenge. Early signs are it is having a significant impact on people's diet and weight control.

Plans aims for the next year:

Maintain high standards of care, support and awareness of each other's needs. Increase the opportunities for more active activities - a rowing club is currently being set up.

Quote feedback from Staff:

'Staff and children feel well supported and cared for within the school. The atmosphere is one of calm contentment and an eagerness to learn with a sense of pride. Health and

Month	Focus/Campaign	Website information
February	Healthy Heart Month Heart Health Week 1st Feb to 7th Feb	www.nhs.uk www.heart.org.uk
March	World Allergy Day World Allergy Day 16th March	www.allergyuk.org www.allergyuk.org
April	World Autism Awareness Day World Autism Awareness Day 2nd April	www.autism.org.uk www.autism.org.uk
May	World Mental Health Day World Mental Health Day 10th October	www.mind.org.uk www.mind.org.uk
June	World Environment Day World Environment Day 5th June	www.un.org/en/development/desa/indicators/indicators.html www.un.org/en/development/desa/indicators/indicators.html
July	World Population Day World Population Day 11th July	www.un.org/en/development/desa/indicators/indicators.html www.un.org/en/development/desa/indicators/indicators.html
August	World Back Pain Day World Back Pain Day 15th August	www.backpain.org.uk www.backpain.org.uk
September	World Teacher's Day World Teacher's Day 5th September	www.un.org/en/development/desa/indicators/indicators.html www.un.org/en/development/desa/indicators/indicators.html
October	World Diabetes Day World Diabetes Day 14th October	www.diabetes.org.uk www.diabetes.org.uk
November	World Mental Health Day World Mental Health Day 10th October	www.mind.org.uk www.mind.org.uk
December	World AIDS Day World AIDS Day 1st December	www.aids.org.uk www.aids.org.uk