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Health and Wellbeing Service
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Email: schoolwellbeing@leeds.gov.uk
Date: 12th July 2023

Dear Dawn and Mel,

Thank you for inviting me into your school to carry out a Healthy Schools validation visit on 12th July 2023.

Based on the findings of the visit, I am pleased to confirm your continued Healthy Schools status. Thank you for your on-going support of the Healthy Schools agenda and for continuing your work in the core 4 areas of health and wellbeing, for the benefit of the pupils and whole school community.

During the visit there were many examples of excellent practice including:

- **Pupils' knowledge of healthy lifestyles.** There is a whole school approach to the Healthy Schools framework. The pupils spoken to have a very good understanding of the importance of healthy eating and being active. A lot of work has been carried out to encourage a whole school approach to healthy habits. The pupils understand that mental health is just as important as physical health and can identify the many opportunities staff provide to support their health and wellbeing. This work is all brought together during Healthy Living Week.
- **Supporting staff, pupil and family wellbeing is at the heart of everything that Westfield Infants does.** There is a real sense of nurture, trust and belonging in this school. The learning mentor is a fantastic source of support to pupils and their families and is accessible to all, which ensures that timely support is given. Staff show a genuine care and commitment to each other, the pupils and their families. As a result, pupils feel well cared for and know there is always someone available if they need support. I really enjoyed my tour around the school, confidently given by Year 1 pupils and my conversation with the Year 2 pupils.
- **Building good Social, Emotional and Mental Health (SEMH) and inclusion is the foundation which school life is built around.** The SEMH offer is broad and needs led. Pupils benefit from the close-knit school community and the knowledge the staff have about them and their families. The headteacher and learning mentor are outside on the gate every morning and afternoon, speaking to parents and their children. They know their families very well. Pupils have a range of SEMH support available in the SEMH room, which is a safe space for pupils. They benefit from the Out and About Club, visiting the local nursing home to play games and chat with the residents. The pupils are respectful, cheerful and articulate, they love their school and the staff and feel safe and valued.

- **Families also benefit from this inclusive ethos and are well supported by school.** There are Chat and Play sessions for parents with younger children and babies which parents run themselves and supports a sense of belonging and community. The Westfield Pantry, an online food bank system, is another excellent example of support for families, as is the First Aid course the school recently organised for parents. School is also involved with the MindMate Support Team, which can support good mental health for parents. The Senior Leadership Team are hoping to have a system of parent representatives in each year group next year.
- **PSHE has a high profile in school and is well led and managed.** The school uses the You, Me and PSHE scheme of work which is supplemented by extra units where needed and some external visitors. The lead for PSHE also engages in the PSHE cluster meetings. The curriculum was very carefully shaped following lockdown to ensure pupils received the additional support they needed, including yoga, meditation and a focus on wellbeing. Pupils told me about some of their PSHE lessons, which they enjoy. Circle Time is used effectively, alongside PSHE, to support good relationships, and as a tool to deal with any issues that arise in school. There is a restorative approach to solving any problems which the children understand well. Pupils were all able to talk about feelings and emotions and could also describe how to help themselves. They told me about a range of self-care techniques they could use if they felt worried or angry.
- **The opportunities to be physically active.** The school offers a range of after school activities and clubs, alongside a thorough curriculum based on the PE Hub resource. There are many opportunities for physical activity at lunch and playtimes with a designated sports coach, which are supported by Play Leaders. The school benefits from sporting partnerships with Leeds Rhinos, Well Schools, Dance Spectacular and the Aireborough Learning Partnership. The Reception and Nursery children enjoy a well-resourced outdoor area and designated PE coaches. On the day I visited the pupils were making smoothies powered by bikes as one of the many activities offered during Healthy Living Week.
- **The continued good practice in school food and healthy eating.** The pupils were very positive about their school lunches and the cooking they do in school. Year 2 pupils serve the younger pupils and special consideration is given to those with allergies, additional needs and SEND. These pupils have set places so that all staff can identify those who need support. Some pupils access the dining area before their peers to get settled and ready for lunch. There are lunchtime activities with the learning mentor if lunchtime is too overwhelming. Pupils could speak confidently about healthy foods and good health choices. They told me about the benefits of drinking water and that the school has a water only policy.

Your Healthy Schools School status is valid for three years. During this period, we hope you will be able to share some of the excellent practices you showcased during the visit with other schools and colleagues from across the city.

Kind regards
Gill Mullens
Healthy Schools Advisor