



Cornwall Healthy Schools Case Study Guidance

What was your area of focus? (250 words)

What did you decide to focus on? Why did you choose this focus area? What did you set out to achieve? Who did you intend to work with?

In accordance with current guidelines, which recommend that children should undertake 60 minutes of physical activity per day, it was felt that not all children are active during lunchtimes. Although we provide an array of opportunities via different activity zones and organised (child-led) games, there are still children who are less active than their peers. In the first instance it is these children that we targeted in order to close the gap in physical ability. Other areas such as staff-wellbeing, behavioural modelling, value embodiment and relationship building were also seen as crucial with regard to this initiative. By introducing daily (timetabled) physical activity into the school it was felt that it would give children time to reflect on the lunch-break and mentally prepare themselves for learning. As a fully inclusive school we sought to include all members of the Gulval 'family' including all staff members.

What actions did you take? (250 words)

How did you decide to tackle this? What actions were taken? Who was involved? What did you do? What did it look like?

The initiative is called The K-a-day and is designed to ensure that everyone in Gulval School walks 1Km within the school grounds every day. It takes place at 12:50 every day and all walkers begin their K-a-day when the bell rings.

We identified 2 routes of 1Km around the school fields. One for dry weather and one for wet/damp weather. The individual class teachers took their children out for a trial run on the first morning of term and ever since it has been a self sustaining/regulating activity which is accessed and loved by all.

It has definitely fostered a sense of calm and wellbeing that is not normally associated with the hustle and bustle of a return to the learning environment.

What difference did it make to the pupils? (250 words)

What was the impact on the children's personal/physical/social development? How did you know and evaluate this? *Include a young person quote.*

Although there was no data regarding physical wellbeing prior to the K-a-day, traditionally there have always been issues around behaviour when returning to classroom after lunchtime and the settling in period before learning commences. As a result of the K-a-day, there have been zero

incidents of poor behaviour at the access points back into school due to the children being naturally 'thinned out'. Reports of high levels of exemplary behaviour and a calm attitude when re-entering the learning environment. For the staff it is a much-needed opportunity to de-compress during the day, get out and build/continue relationships throughout the school. With zero incidents of behavioural problems at a traditionally stressful time of day, this has been an outstanding success. Children are reporting a positive attitude to the walk and are building cross class links with children that they wouldn't normally play with.

School Council members and House leaders have canvassed opinion on the success of the K-a-day and the reports back are overwhelmingly positive.

As a Thrive School we are always looking at ways to empower our children and give them a higher level of self-esteem. This informal and relaxing part of the day enables the children (and staff) a time for reflection and also provides an arena for positive communication in a neutral setting, which has been a real strength of this initiative.

What were the wider impacts on the school? (250 words)

What is the impact on the rest of the school (or possibly the wider community)? Has this changed the way you work with young people? *Include a head teacher or senior leader quote.*

The highs are seeing the whole school walking, talking and interacting in a calm and active manner. There is a real sense of team spirit within the school and it is exemplified when we are all out walking together. It also helped prepare some of our less active children for the St Michael's way (14km) walk and is a constant reminder of how enjoyable and important physical activity is.

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Due to the small size of the school grounds, the whole footprint is being accessed. This has to be achieved in a considerate manner with regard to the environment and the children have developed a deeper sense of respect for our school grounds.

"There is no doubt in my mind that the K-a-day has a positive impact on all learners at an important part of the school day, but it has been instrumental in showing our less active pupils that exercise can be fun without the element of competition"

P Baker, Principal Gulval School

What are the key things that made this work? (250 words)

What were the key drivers for success? Did the key drivers change throughout the process?

The enthusiasm of the staff has been key to this during the first couple of weeks. Some children saw this as a daunting task to walk so far every day. It also fits perfectly with our Adventure Learning Academy ethos as well as our value system that encourage all children to be resilient learners who are responsible for their own actions.

What will you do next? (250 words)

How are you embedding/sustaining/extending and developing the impact of this work?

As previously stated we have a dry weather route and a wet weather route. The dry route utilises the boundary of our grassed area and as a result is inaccessible when heavily saturated. The wet weather routine is unfortunately a 3-lap route with an element of doubling back within each lap.

Due to the success of the initiative as a school we will be developing a path around the field perimeter which will enable an all year round route.



