

Self Care Awards



Case Study: Audlem St James Primary School

Our first organisation to achieve our Silver Self Care Award is Audlem St James CE Primary School.

To meet the criteria, the school introduced 'Active Audlem' which saw the children getting involved in sporting activities and encouraging everyone to be active as a community. An 'Active Audlem' path was set up on the school field for children and adults to 'collect' laps on for their school teams as part of the 'Active Audlem' Challenge. This summer the school further developed the path to be all weather to ensure the children can exercise throughout the year. The children are also able to invite their parents to join in collecting laps with them before school each half term, encouraging everyone to take part in the challenge.

This went hand in hand with the introduction of Active Homework which encourages the children and their families to continue their activity outside the school and record it.

The school hold annual Healthy Weeks in the school with taster sessions for sports such as American Football, Crown Green Bowls and Football being offered for the children to try. This has also been enriched with learning about familiarisation with A&E and Road Safety amongst other activities.

The schools' Green Team celebrated a bumper crop from their school garden this year which the school kitchen were able to turn into tasty, healthy treats for the children such as homemade tomato ketchup, peppers, cucumbers, carrots and pasta sauce.

Feedback from the children through the school questionnaire showed 78% of the children enjoyed the outdoor learning work in the school whilst 86.4% of the children enjoyed physical activities.

The school have been promoting the CATCH app, which is a free app for parents seeking hints, tips and health advice.

Sports Leaders Tessa Sullivan and Rebecca Marshall receiving their Silver Self Care Award

