

# Self Care Awards

Case Study: Wrenbury Primary School



Wrenbury Primary School have achieved their Bronze Self Care Award . The school Administrator became a Self Care Champion, having attended the workshop ran by NHS South Cheshire Clinical Commissioning Group.

The school Self Care Champion and the Headteacher devised and agreed an action plan they felt was achievable before the end of the school term.

The school planned a Wellbeing Week in the school with their 'Self Care Champion' introducing to the staff and pupils, how they can be more proactive in looking after themselves.

They shared information with parents through letters home, at the new starters transition morning, at their Sharing Afternoon and again at their parent Picnic Lunch.

The school has strengthened its links with the Doctor's Surgery in Wrenbury with buy-in from the Practice Manager and GPs. Together they co-ordinated for the pupils to visit the GP Practice in groups of 10 and learn key information about looking after themselves from one of the GPs and the Practice Nurse.

During the Wellbeing Week a local GP visited the school to teach the pupils some First Aid skills, other activities the pupils took part in were healthy walks and yoga.

Feedback was gathered from the pupils, staff and parents about what they had learned and put into practice. One of the key Self Care messages fed back from the pupils was 'you go to the Doctor for some things but not straight away for everything'.

**The school have successfully achieved their Bronze Self Care Award.**

