

# Self Care Awards

**Case Study:** Underwood West Academy



Underwood West Academy have achieved their Bronze Self Care Award. Vice Principal, Mrs Ollier attended a workshop run by NHS South Cheshire Clinical Commissioning Group to become a Self Care Champion.

The school Self Care Champion , devised and agreed an action plan with a newly established Self Care Team, which consists of herself and other members of staff but will in future also include children from the school.

During their parents evening, the school had a promotional stand with the CCG Self Care messages displayed and shared with the parents.

The school used one of their year six lessons to make the children aware of how to check for head lice and its treatment when you do have it. This lesson was very successful with feedback evidence showing that the children now fully understood the truths and key messages around head lice. The children were able to share this information with their peers throughout the school and at home with their families.

The school have successfully achieved their Bronze Self Care Award.