

# Self Care Awards

**Case Study:** Highfields Academy Primary School



Highfields Academy Primary School is the first school in Nantwich to have achieved their Bronze Self Care Award . The school's Mrs Cooke became a Self Care Champion, having attended the workshop ran by NHS South Cheshire Clinical Commissioning Group.

The school Self Care Champion along with the Headteacher and school staff devised and agreed an action plan to embed the Self Care messages in the school.

Kiddies Kitchens visited the school to teach the children about food, nutrition and the meanings of labels on food. The whole school took part making banana bread and were encouraged to try the recipe and others at home with their parents.

The school held a Summer Fair and had a Self Care stand with information for the parents and children to take away with them. This included the CATCH app, what to have in your medicine cabinet and when you should visit your GP. Parents were also asked to take part in a Self Care survey which assessed the knowledge of how to Self Care and what was available locally.

Over 80 parents took part in the survey which outlined that most parents knew that they could 111 as a first point of call before making an appointment with their GP and had heard of the Minor Ailments Service offered by some local pharmacies. The number of parents having a knowledge about Physio Self Referral was very low whilst half of parents knew how long to leave certain ailments before visiting the GP.

This information will help the school plan future Self Care messages when working towards their Silver Self Care Award.



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