

# Self Care Awards

**Case Study:** Edleston Primary School



The first school in Crewe – Edleston Primary School have achieved their Bronze Self Care Award, having attended the workshop run by NHS South Cheshire Clinical Commissioning Group.

The school Self Care Champion Mrs Shilton, devised and agreed an action plan with a newly established Self Care Team, which consists of herself and 6 pupils year 5 pupils.

During their parents evening, the school had a promotional stand with the CCG Self Care messages displayed where Self Care Champions could speak to the parents. This was enhanced with a polish speaking Self Care Champion who was able to converse the messages to some of the parents in their own language.

The Self Care Team presented their Self Care messages at assembly and introduced a poster competition around the importance of hygiene in the passing of germs.

The school have used the Self Care Activity book to get the children involved to show what they have learned from the Self Care messages which includes how long you should leave it before you visit your GP and what should your family have in their medicine cabinet.

Feedback from the children was also given through a video clip where they spoke about what they have learned about Self Care.

## **The school have receiving their Bronze Self Care Award**

