

**Gwobr Ansawdd Genedlaethol
Rhwydwaith Cynlluniau Ysgolion Iach Cymru**



**Welsh Network of Healthy School Schemes
National Quality Award**

**National Quality Award Report
of the visit to Canolfan y Bont**

Date: 16 & 17 January 2018

Introduction

Congratulations on achieving the Welsh Network of Healthy School Schemes National Quality Award. We are pleased to confirm that Canolfan y Bont has demonstrated meeting all the criteria of the National Quality Award. These criteria are set out against 7 health topics which are shown below.

Schools that achieve the NQA are implementing wellbeing initiatives at the very highest level. In this report we highlight the particular strengths of your school's approach to promoting the wellbeing of everyone connected with the school. This report also identifies areas for continued development and consideration. We hope that the report is both an encouragement and a useful guide as pupils and staff at Canolfan y Bont seek to maintain and extend the excellent approach and embedding it even further in to school life.

NQA Criteria

1. Food and fitness (nutrition and physical activity)
2. Mental and emotional health and wellbeing, including staff wellbeing
3. Personal development and relationships, including sex and relationships education
4. Substance use and misuse, including alcohol, smoking, and drugs (legal, illegal, and prescription).
5. Environment, including eco-initiatives and improving the school and wider environment
6. Safety, including a variety of topics such as child protection, sun safety, internet safety, and first aid
7. Hygiene including across school and non-school settings

(For further information on the NQA criteria please visit <http://gov.wales/topics/health/improvement/schools/?lang=en>).

The criteria are supported by a number of underlying principles, namely:

- The importance of pupil participation in core areas of school life which directly affect the health and wellbeing of children and young people e.g. teaching and learning, environment, pastoral care
- The importance of the understanding and commitment to action of the whole school community
- The existence of a positive approach to health
- Equity
- Links to other relevant national and local programme and policies.

J Elwyn Williams

Summary of Visit

Canolfan Addysg y Bont was moved to its present site in Llangefni during 2014 and provides education for pupils aged between 3 and 19 years with severe learning difficulties. Pupils that attend have a wide range of learning needs, which include autistic spectrum disorders with some requiring additional one to one support from the school. The school is organised into different areas with a Primary having four classes, a Secondary Key Stage 3 and 14-19 Group and a Special Care Group. Each group consists of between 5 and 10 pupils, with a teacher and two teaching assistants. It is a day school with most pupils living in Anglesey often brought by taxi. It was a pleasure seeing the faces of the pupils arriving at the school in the morning and being taken to their specific area by the respective member of staff.

The school aims to provide the best and most appropriate education to meet the needs of each individual pupil in accordance with their age, ability and interests, in a bilingual setting that respects their opinions, wishes and ambitions in a secure environment.

Canolfan Addysg y Bont is located in an outstanding new building and the whole school environment both inside and outside is attractive, clean and well-ordered and provides an excellent and stimulating learning base for all pupils across the age ranges. The school is extremely well equipped with specialist furniture of high quality and hoists which enable all pupils to access all areas of the taught curriculum. Some concern was expressed during our visit that the falling of the school budget is providing some big challenges in maintaining the excellent provision for the pupils at the school.

There are very good communication arrangements within the school, which include an initial daily morning meeting of the senior management team followed by a staff briefing. There is a walkie-talkie system for members of staff, an internal telephone system between classrooms and use of the whole school tannoy system that ensures the safety of pupils and staff at all times. The management and staffing structures used by the school ensures a team approach is maintained, with every member of staff having a clear role. Support is obtained from a wide range of agencies for differing aspects of the school's work and this ensures that all pupils' needs are well met.

Canolfan Addysg y Bont is located next to the leisure centre and the secondary school and this ensures that pupils have access to a wide range of activities and some excellent joint activities between the organisations. The school uses the Award Scheme Development and Accreditation Network (ASDAN) that provide flexible and engaging programmes and qualifications that help young people develop skills for learning, work and life. There are moderation procedures for all its courses. Some extremely good examples of the way student voice has been taken into consideration across the school were shown to us during the visit. The school has adopted several class award systems such as the 'Classroom Stars' (Ser y Dosbarth) and the end of year and ASDAN presentations, which assists the pupils in feeling a sense of achievement.

Highlights of the visit**Food and fitness**

The Food and Fitness policy follows the council's guidelines and the pupils themselves used an interactive white board to create a healthy lunch box. They also created a poster which is on display on the classroom wall. The school have received FSA level 5 for food safety.

The school receives support from a wide range of agencies, which include a Disability Sports Officer working with the school to develop a range of sporting opportunities and activities. Sports leaders from the local secondary school also help in the provision. The John Egging Trust are working with the school and aim to inspire young people through teamwork and leadership, helping them to overcome adversity, identify their strengths and work towards their ambitions. This is the first time they have worked with a special needs school in the UK. As a result there is a wide range of activities available which include pupils taking part in the Duke of Edinburgh Award, orienteering, climbing wall and they took part in the School Disability Gymnastic championship. The school also organised a 'Rio y Bont' Olympics.

Mental and emotional health and wellbeing, including staff wellbeing

This is an area which is integral to the whole ethos of the school. It has high priority within all the work of the school and the wellbeing of pupils and staff of all levels is considered at all times. Circle time/mindfulness sessions are well timetabled, both indoors and using the outside area, in order to promote mental and emotional health.

There are also notable examples of listening to music and the use of sensory rooms within the school and this is a great strength of the school. The music teacher has been acknowledged nationally for his contribution in this field. He is also responsible for the Arts Council Lead Creative School initiative, with the objective of developing pupils' communication skills by making use of their imagination and confidence by means of drama and problem solving activities. A notable example of this work is the creation of 'Hafan y Bont', the outside garden area, where valuable contributions from outside agencies such as 'Wild Elements' have been used beneficially by the school in order to promote this aspect.

One feature of this work is the design and building of a superb eisteddfod chair which is proudly displayed in the school foyer and this will contribute in the future to work on the Welsh Language Charter in the school. The pupils contributed fully in the planning and conception of this work. The many examples of pupils' artwork, both in 2D and 3D format exhibited throughout the school are truly outstanding and all pupils are rightly proud of their achievements.

Personal Development and Relationships

The school uses the Jiwsï programme that is a Family Planning Association (FPA) sexual health education and training service funded by Betsi Cadwaladr University Health Board (BCUHB). Jiwsï is a Welsh take on the word 'juicy' and the name was chosen in consultation with a group

of young people. Jiwsí delivers sexual health and relationships education (SRE) to groups of vulnerable young people in education and community settings and SRE training programmes throughout North Wales. Jiwsí has provided training for members of staff at the school and also support to run safe and practical sex and relationships sessions with the pupils. Members of staff are also part of the Jiwsí network for professionals that offer regular support via meetings, seminars and email updates to practitioners delivering SRE. This ensures that all pupils at the school get a comprehensive SRE programme that is appropriate to their needs, with members of staff having appropriate training and access to bilingual resources and support from the FPA.

The school also organises a visit to a local baby shop, local nursery and a meeting with a midwife that enhances their experiences at the school.

Safety

Safety is given the highest priority at the school and underpins everything the school hopes to achieve in respect of all stakeholders. The school considers safety in its broadest sense and includes physical, mental and emotional safety, as well as other aspects such as sun safety, child protection, internet safety for pupils as well as lifting, lone working and intimate care policies for staff members. Comprehensive risk assessments are in place for many aspects of the school's work, both on site and away on the many extra-curricular activities undertaken by pupils.

The door entry systems both for the external and internal doors as well as the CCTV system in operation at the school also contribute very well in this respect, as well as the fact the majority of classroom doors have two handles with the highest one placed out of reach of the pupils. The high perimeter fences are also extremely solid and of very good standard and each class has a 'gated' kitchen area with adjustable sink and stove heights, which ensures the safety of pupils. As a consequence pupils feel very safe at the school.

The visits that the school arranges to Dangerpoint emphasises the school's messages about safety, especially so when considering the school's ethos of preparing pupils for everyday life.

Substance Misuse

Various agencies support the school with members of staff actively joining in sessions when outside agencies visit school and are fully integrated into the school programme. The Youth Service has provided training on alcohol awareness with pupils. During a visit to Dangerpoint the dangers of drugs and their effects was pointed out, as well as new and emerging over the counter drugs. They also taught staff and pupils about dangers of toxic substances in the home such as 'turpentine' not to be put into old drinks bottles as well as lots of other information.

Members of staff often research, gather and adapt information to plan activities for the pupils. For example new information on energy drinks on the market and their effects. Liam Watson Training, an independent training agency, has provided high quality training on a range of current drugs issues for members of staff at the school.

The Police Liaison Officer gives a great deal of support to the school with sessions followed up using the School Beat website and will respond to issues in school when needed.

Environment

The classrooms and specialist treatment and support rooms are large and wonderfully equipped to support pupils with specific educational and physical needs. The school has a

number of superb specialist sensory rooms as well as a hydrotherapy pool, which contribute to the individual needs of pupils very well. Within the school individual rooms are allocated to specific areas of the curriculum according to age, such as a music, health and beauty, careers etc. The school is very well equipped with specialist furniture of high quality.

All of the outside area is very much designed with the safety of pupils in mind and is conducive to healthy play. The surfaces are made of soft material with a very good range of fixed equipment, such as the outside gym and various swings. The excellent work of the eco-committee led by a very enthusiastic member of staff has led to many recycling initiatives, with pupils very aware of the need to conserve electricity and water. At present the school is working towards the Eco-Schools Platinum Award.

Pupils organise an annual Charity Shop in Holyhead where clothes, books, DVD's, games etc. are donated and then sold over the counter in the shop. This helps with life skills experiences and also is successful in raising funds for the school, for example in the purchase of furniture for the Life Skills Room on the first floor. Any unsold items are recycled either through the Cash4Clothes initiative or in the Council run recycling centre which support pupils' entrepreneurial awareness.

Hygiene

The school has a very good detailed Hygiene policy which ensures the school achieves statutory compliance. All classes take part in the 'Designed to Smile' programme and a fridge or cool area is available for pupils to store their packed lunch. All staff wears vinyl gloves for protection when attending to pupils' personal care needs which are then disposed of in Cannon hygiene bins.

The school has a very useful Lifeskills room as a resource and mimics a home environment. This ensures that all pupils have access to further develop and practice their independent living skills. Active support is used with individual pupils to develop home routines in various independent living tasks in this room. As a result pupils learn about a range of hygiene issues including kitchen safety, the importance of cleaning and using the correct products. They also have the opportunity to learn other skills like how to wash clothes, tidy and clean a bedroom and living area. This prepares them for life when they leave the school and is of vital importance in their development.

Areas for further consideration

- The school has an excellent SRE programme for pupils and makes use of the Jiwsii resources. The school has a Sex Education policy but I would like to see it developed so more detail is given to how SRE is delivered at the school, the resources that are used and the role of members of staff and other agencies. Details of national policies and guidelines influencing the school policy would also be a useful addition. A detailed letter is already sent to parents and some of the information needs to be included in the policy.
- Similarly the school has an excellent Substance use and Misuse programme and a policy on this issue also needs to be developed. Details that need to be added include clearer and detailed guidelines on the management of any substance misuse related incident at the school and the support that is available. As before, details of how the programme is delivered, the resources used, the role of members of staff and other agencies and details of national policies influencing the policy need to be included.

Feedback to pupils

Dear Pupils

Thank you all for meeting with me during my recent visit to Canolfan y Bont. You gave me a great welcome especially those that showed me around the school. As you were aware, I was there to assess Canolfan y Bont for the National Quality Award as a Healthy School. I really liked going around your school, especially the grounds where you were able to show us everything that you are doing to improve the environment of your school. I really liked all the things you are able to do at the school and the visits to various places. I also liked discussing many aspects of health with you and found you very keen to tell me all the things you have done at the school. You were always courteous and enthusiastic about your school in your dealings with me during my visit.

I would like to express my best wishes to you in the future and my thanks to all the people I met on my visit. You have a very good school that ensures that you understand the importance of good health. This will be important for you as you grow to become responsible adults in the future.

Hwyl Fawr!

J Elwyn Williams

