CASE STUDY
School: Northolmes Junior School
Focus: Implementing a C4L Programme
PE Coordinator: Fiona Williams

Northolmes Junior School

Northolmes is a 1.5 form entry junior school with approximately 175 pupils in years 3-6 near Horsham. PE is coordinated by Fiona Williams who has worked at the school for 10 years and has spent the last 4 years in her current role as the PE and Wellbeing lead.

The school is part of the Greenfields Federation alongside Littlehaven Infant School. The Federation has a clear set of core values:

- Show respect
- Develop independence
- Show perseverance
- Be reflective
- Work together

INTENT

- Alongside and in conjunction with the school values, the school has an aim to “prioritise the well-being of our children to ensure they develop as well-rounded, happy, confident individuals who value who they truly are”.
- As part of the journey to ensure this aim, the school, for the last 6 years, has implemented a very successful Change4Life (C4L) club.
- The school has used the Primary PE and Sport Premium (PPSP) to establish and run this club.
- Change4Life was launched in 2009 as part of a national government ambition to inspire a social movement, through which government, the NHS, local authorities, businesses, charities, schools, families and community leaders can work together to improve children’s diets and physical activity levels.

- The Northolmes C4L club has taken the programme and adapted its design so that it develops pupils across 4 broad areas: Healthy Me, Social Me, Physical Me and Thinking Me.
- All four areas contribute towards the school’s belief that a healthy body = a healthy mind.

“Is it Thursday yet? Why can’t everyday be C4L club?” Y4 girl

IMPLEMENTATION

- The school’s tracking system for clubs and competitions, alongside a pupil questionnaire and concerns raised from class teachers, support staff and the school’s inclusion manager are all used to inform who participates in the C4L club.
Pupils are selected and invited for a number of reasons including: not attending extra-curricular clubs, low self-esteem, poor mental health and concerns over healthy eating.

Initially the club was run before-school but there was little uptake from targeted pupils, despite the addition of free healthy foods.

The free healthy food remains, but the clubs now run once each week within school curriculum time as an afternoon intervention/lesson ensuring that everyone selected can attend.

Each week includes activities that focus on one particular value and on pupils having an awareness of being active whilst having fun, removing any negative feelings pupils may have towards exercise.

Every session also includes healthy eating and trying a new fruit and/or vegetable.

Accompanying this social activity is a discussion relating to physical/mental/social health e.g. sleep, hydration, feelings. As described in the C4L participant logbook.

After the first six weeks, activities become more pupil-led. One example of this is that pupils have to make up their own activity before sharing, firstly with just a partner, then to a small group to gradually increase confidence and self-belief.

“I used to be unhealthy and unfit; however, C4L turned that around for good.”

Y6 boy

54 pupils attended a Change 4 Life club during 2018/19, 30% of whom had not attended an extra-curricular club before.

By the end of the year 64% of these pupils had gone on to attend an extra-curricular club as the C4L had ‘given them more confidence’.

89% of pupils from the club, participated in an active festival, developing their self-belief.

10 pupils represented the Central Area at the Sussex School Games.

“Change4Life has transformed the way we engage, educate and motivate our children who may be vulnerable, have low esteem, confidence and a limited understanding of what it means to have a healthy mind and body. Our Change4Life lead, Fiona Williams, has been able to adapt the programme and tailor it to the needs of our children and inspire them to not only make healthy choices but also to have a healthier more positive attitude towards learning. Through Fiona’s leadership, Change4Life has become an integral part of our curriculum offer and resource to meet the needs of our most vulnerable learners.”

Mrs Anderson, Headteacher
**Pupil quotes:**

“C4L has helped me learn English and feel confident.”

“C4L has given me confidence to try new things.”

“I used to be unhealthy and unfit; however, C4L turned that around for good.”

“Matching the snacks to the amount of sugar cube activity has helped me to feel happier talking to the children about my diabetes.”

“C4L makes me feel happier and healthy.”

“C4L has helped me understand how to explain things.”

“I feel listened to here, so I will try to be braver in class.”

**Teacher quotes:**

“He is certainly calmer and more focused. There are less occasions of him getting frustrated with himself.”

“L is struggling with lots of anxieties at the moment especially triggered by food! He feels happy at C4L, and has started to try foods again.”

“Following the activity, he took the initiative to issue H&S instructions for his too. He explained his activity confidently, unlike his demeanour within the group. The children really enjoyed the activity, a real boost for T’s self-belief. He came back into class with his head held high.”

“She is making a little progress in her English, I think she will continue to flourish in this smaller C4L group.”

“The children were buzzing when they came back from the New Age Kurling Festival. I have never heard E and D talk so much, such a boost to their confidence.”

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Have you visited the Active Sussex website lately? There is a section dedicated to primary school PE, sport and physical activity.