

Health and wellbeing Fun Day:- A collaborative project between a High School, Public Health and the NHS.

The Health and Wellbeing Fun Day was a collaborative programme funded by Health Education England in partnership with the University of Chester and a local high School. The High School is a coeducational secondary school. The total number on the roll is 423 of which 47.5% are girls and 52.5 % are boys. The percentage of pupils eligible for free school meals any anytime over the last six years is 54.6% almost double the national average of 29.1%. (Gov.UK 2017),

1. Project Aim

- To support the High School in increasing knowledge and awareness of health and wellbeing of pupils.
- To deliver awareness sessions in a fun and positive way that would empower young people to acknowledge that their actions/inactions can have a positive impact on their own health and wellbeing and that of others.

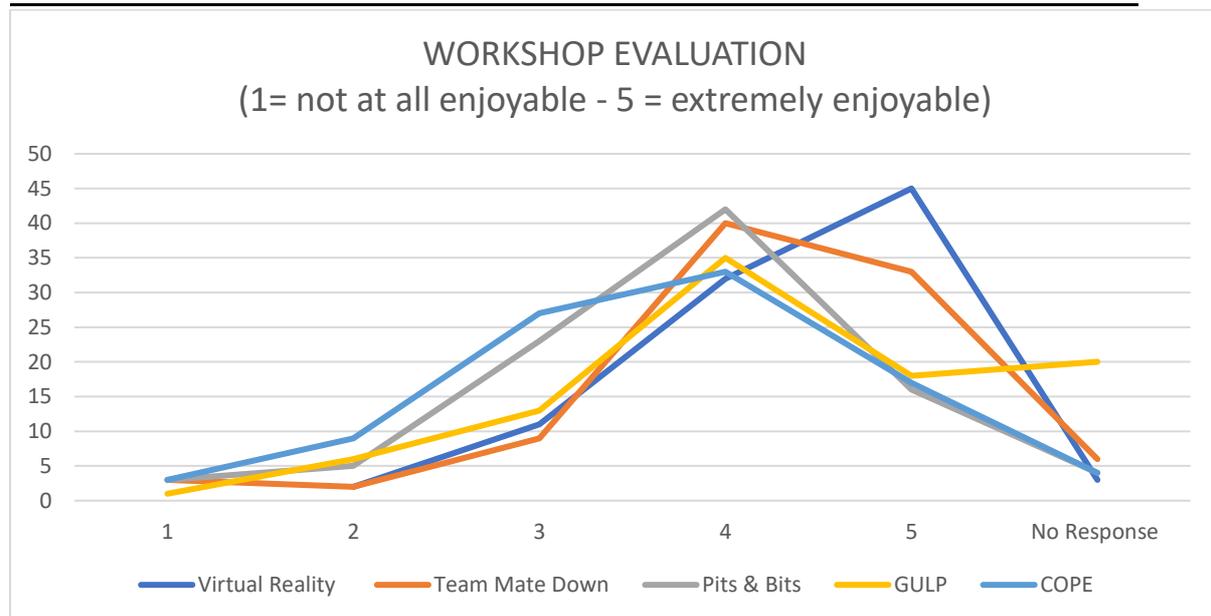
University of Chester staff and post-graduate Specialist Community Public health students (HV’s & SN’s) designed and delivered the Fun day in collaboration with the year head. The Funday was themed around a series of workshops (topics were agreed in consultation with the school) and were delivered in a round-robin format accompanied by their own Form Tutor. A final ‘round-up’ and oral feedback was completed on the day. Pupils were presented with a University of Chester ‘goodie-bag’ prior to their departure. A video recording was made of the whole day with facilitators providing ‘sound bites’ to introduce the learning objectives for each workshop

2. Workshops

Workshop 1		Workshop 2		Workshop 3		Workshop 4		Workshop 5	
Virtual Reality!		Team mate down! (Recussitation)		Pits and bits! (Hygiene)		GULP! Sugary Drinks		Coping with stress/anxiety	
Tutor group	9.00-10.00	10.00-11.00	11.15-12.15	12.15-13.15	13.55-14.50	14.50-15.00			
Workshop 1	Group 1	Group 2	Group 4	Group 5	Group 3	Hall			
Workshop 2	Group 3	Group 1	Group 2	Group 4	Group 5				
Workshop 3	Group 5	Group 3	Group1	Group 2	Group 4				
Workshop 4	Group 4	Group 5	Group 3	Group 1	Group 2				
Workshop 5	Group 2	Group 4	Group 5	Group 3	Group 1				

Evaluation

Ninety three out of one hundred and twenty five pupils completed an anonymous evaluation after each session. The remaining students were on a school trip on the day of delivery. Evaluations of the day were in the main positive. All questionnaires were ‘scanned’ the following day to ensure that pupils had not highlighted any issues that could be a ‘cause for concern’ as this was the final week of the school year.



Free text comments from the pupils included:-

- *"Everything was good exciting and fun. Thank You"*
- *"It was fascinating because we got to see about what is good and bad"*
- *"It was fascinating and weird"*
- *"This was a fun experience that I won't forge"*
- *"Thank you I have learned quite a lot. It has been wonderful to get to know about all these things Thanks x"*
- *"The day was really fun my favourite activities were 2 and the last one?"*
- *"I found it fun and enjoyable"*

Comments from the facilitators included:-

- *"Just wanted to say a huge thank you for inviting me to join in with today. I've had a brilliant day - loved it all & I'm so grateful to have been included in the project."*
- *"Many thanks and please can I be involved with any future projects?!"*
- *"I had a fab day too and have to say what an amazing group of children year 7 are! The enthusiasm and eagerness to learn that they brought to our VR session was a joy to see and made all the hard work well worth the while. Actually, they taught me a few things too, which was just lovely."*

Comments from Year Head/ School Staff

- All of the tutors reported they not only enjoyed the day but also learned a great deal themselves.
- The pupils all really enjoyed their day, saying it felt like a "reward" day which was lovely.
- The COPE session in particular enabled the pupils to talk about emotional health because everyone was doing this.
- Although the pupils did not evaluate the COPE session as a fun activity, I feel they got a great deal from the session and importantly the Tutors gained further insight into the needs of their individual tutor groups, for this reasons I think it was a very worthwhile session.
- It was really pleasing to note that the children who described emotional difficulties and concerns were already receiving additional support from the pastoral team within the school.
- It was so nice to see them all with their University of Chester bags.