

Firthmoor Primary School

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Headteacher – Mrs A Dixon



12 December 2019

Dear Parent/Carer

Re: Healthy Lifestyle Survey 2019 Results

During the Autumn Term 2019, all children in Years 5 and 6 completed a Healthy Lifestyle Survey. This is provided by Darlington Borough Council and most other schools in Darlington also complete it. It helps us to collect information on aspects such as health and wellbeing, internet safety, peer pressure and relationships. This information is then used in school to develop lessons and activities.

In our recent survey, we had a lot of positive outcomes. The children reported that they felt happy, that they have someone to talk to and that they are supported by their families and have good peer relationships. Fewer children felt that they had been bullied, and those who felt they had, reported it to parents and school and felt that it had been dealt with.

The children's physical activity is positive with 60 minutes of activity daily being undertaken, and the children reported that they enjoy being fit and healthy. After extensive work on healthy eating and diet within school, the children are more aware of whether they have a balanced diet. Most children have 3 or more portions of fruit and vegetables daily but report having a lot of snacks on a weekend.

Dental health is good and there has been a great improvement with children regularly cleaning their teeth and visiting the dentist. The Foundation Stage are taking part in The Toothbrush Scheme this year.

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Most children report that they have never had an alcoholic drink. Although most children agreed that energy drinks are bad and don't drink them, there are some children who are having them when they play sports.

Nearly all children are accessing the internet and playing games. They are aware that they should not meet online strangers, but some children reported playing games with people they do not know. They know they should play age appropriate games but some are playing games meant for older children. In school, we now have a group of children working as 'The Cyber Squad' who are there to support the children with online safety. Every year, we take part in Internet Safety Day.

In school, we will continue to work on some of the issues highlighted from the survey including:

Dental Health

The Toothbrush Scheme is underway in The Foundation Stage.

Energy Drinks

Only water or squash is allowed in school and for sporting events.

Healthy Snacks

We will be having a health week from 8 – 12 June 2020.

Internet Safety

The school is now part of Darlington's Internet Safety Partnership and an information session for parents was held for parents in the Summer. The Cyber Squad will continue to offer online safety support for pupils. The school will take part in Internet Safety Day on 11 February 2020 and the theme is 'Together for a Better Internet'.

Children moving up into Year 5 and Year 6 in September will complete the next survey.

Yours faithfully

Mrs Blagg
PSHE Lead

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