

# Self Care Awards

**Case Study:** Audlem St James C.E. Primary School



Audlem St James C.E. Primary School started their Bronze Self Care Award when their Headteacher became a Self Care Champion, having attended the workshop ran by NHS South Cheshire Clinical Commissioning Group.

The school already has an established Health and Wellbeing Team which includes members of staff, stakeholders and appropriate local services.

The school engaged with staff, parents and pupils to establish an Action Plan around their 'Sun Safety' campaign which has raised the awareness of staying safe in the sun.

As part of the Action Plan the school has written a 'Sun Smart' policy and shared this with all the school stakeholders through lessons in class, assemblies, news letters, staff meetings, Governors meetings and Parent Forum.

Appointed UV monitors ascertain the UV forecast for the day and displays it on the UV displays in each classroom on a daily basis.

The 'Sun Smart' policy, minutes of Parent Forum meetings where the policy was discussed and newsletters where the policy was shared with parents are available on the school website and in school. In addition, general Self Care information has been posted on the school website.

The school gained feedback from children, parents and staff around the campaign which clearly shows the impact of the new 'Sun Smart' policy and also identifies how they can improve the 'Sun Safety' messages.

**The school have successfully achieved their Bronze Self Care Award.**