

The Pines Special School

Project HE:RO

&

LEAP

Impact Report

2021/22





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Introduction

During the 2021/22 academic year, we have been working at The Pines on Project HE:RO and LEAP. This report will outline the impacts the project has had so far.

Evolve Health Mentor Jeevan has been delivering Project HE:RO and LEAP 5 days per week at the school, which has included activities such as 1:1 Support, PE Support and CPD, OT Programme Delivery, Clubs for staff wellbeing and pupils, TACPAC, Sensory Circuits, Lunchtime animation, Classroom Support and cover.

. The project has been developed in partnership with the school, identifying the tailored support needed to make a real impact.

The main objectives of the project are outlined below.

Objective 1

To improve the physical activity levels and enable identified pupils to reach their physical development targets through OT programmes.

13 pupils have had weekly 1:1 sessions with Jeevan as part of either: an Occupational Therapy programme or Fine Motor Programme, designed by the Schools OT, or a physiotherapy plan as prescribed by a physio.

Objective 2

Increase physical activity engagement and activity levels across the school through PE support, OT programme delivery and break and lunchtime animation

OT programme delivery, PE support and CPD and delivery and re-introduction of lunchtime clubs. In summer term, Sports Days across the school

Objective 3

To support pupils develop life skills and self help skills across school residential visits.

Helping pupils to create positive habits and behaviours. Pupils are more rational and considerate with their decision making. Help on residential trips as a consistent member of staff, offering 24hr support to the children

Objective 4

LEAP: To support Y11 pupils with their post-16 transition

Supported Y11 pupils with applications to college, with 3 pupils receiving offers for mainstream placements. Developed relationships with colleges. Supported Y10 starting to consider post-16 options.



Your Project HE:RO & LEAP

Your Project HE:RO & LEAP

Activities Jeevan has delivered this year in your school.

13

Weekly 1:1 mentoring sessions. Supporting with completing these exercises to improve their coordination, core stability and motor skills.

Physical Activity Support

44 hours of PE support. 66 hours of playground support and over 55 hours of OT support.



Jeevan Chagger

Jeevan is one of the longest standing Health Mentors at Evolve, working with us since 2015 and at The Pines for 4.5 years.

He has a distinction in his Masters MSc in Work-Based Learning Health Mentoring, which was based around the interventions delivered at The Pines.

“*Jeevan has supported a pupil in my class with their physio plan, along with a daily progress sheet to monitor frequency of completion. Jeevan’s weekly support has allowed the pupil to feel more confident in PE sessions as well as making a difference to their movements around school.*”

- KS3 Teacher

32

Pupils attending lunchtime clubs that have been reintroduced. Y3-6 signing up for 3 clubs and 36 pupils Y7-11 signing up for 3 clubs.

Support breakdown

| | | | | | | | |
|---------------|--|---|---|--|--|--|------------------------------------|
| Term 1 | 96 Hours of LEAP delivery | 66+ Hours of Playground Support | 44 Hours PE Support across 4 classes | 55 Hour of Fine and Gross Motor and OT session delivery | 10 Hours of focused social interactions in hall | 10 Hours of Classroom Support | 8 Hours of Pupil check ins |
| Term 2 | 40 Days Classroom Support and Cover | 2 Weeks Residential Support | 20 Hours of Gross Motor and OT support | 4 Hours of Sensory Circuits | 16 Hours of Leap support | 30 Hours of playground support | 8 Hours of pupils check ins |
| Term 3 | 75 Hours of 1:1 support | 45 Hours of Gross Motor and OT Support | 30 hours of PE Support | 45 Hours of playground support | 10 Hours of lunchtime clubs | 100 Hours of Leap support including college visits and enrolment days | 9 Hours of pupil check ins |

Pupil Profile

This is a breakdown of the pupils in your school using our Wellbeing Compass. “Beneficiaries” refers to those pupils working directly with a Health Mentor.



Total number of students: 19



Male: 18 (94.7%)



Female: 1 (5.3%)



Beneficiaries: 19 (100%)



Shadow beneficiaries: 0 (0%)



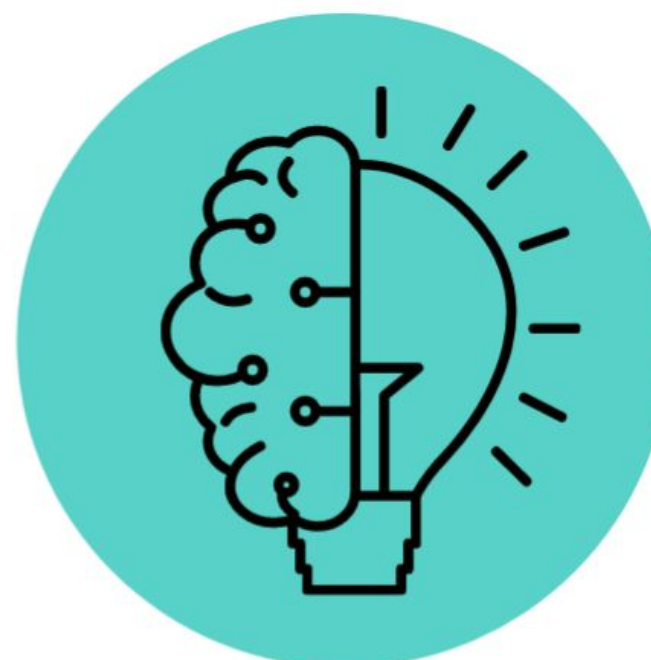
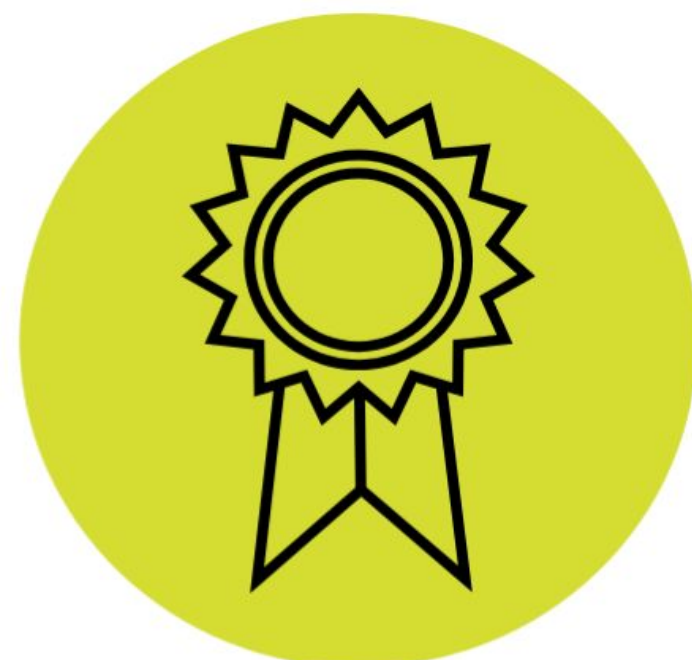
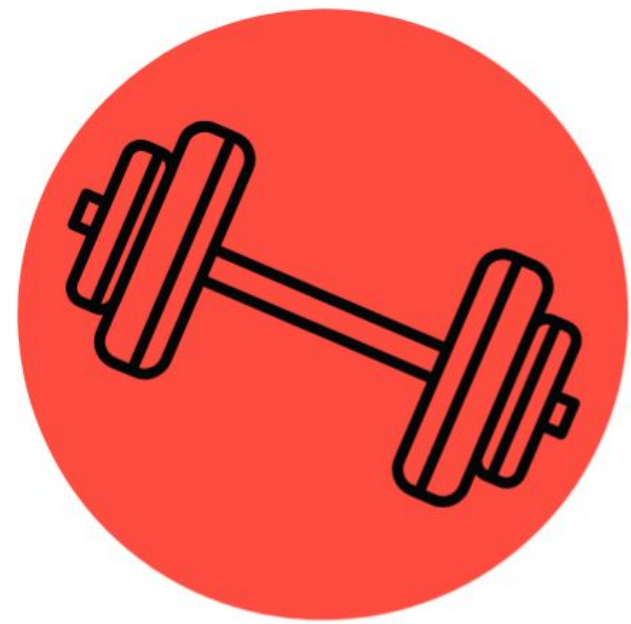
Pupil premium: 12 (63.2%)



Non-pupil premium: 7 (36.8%)



Impact Data



Measuring Our Impact

The Wellbeing Compass

The Wellbeing Compass is our unique, evidence-based tool to measure the six areas of health we focus on: Diet, Sleep, Physical Activity, Cognitive Health, Emotional Wellbeing and Personal Development.

Health Mentors conduct online surveys with their pupils at the start of the year to gather baseline (BL) information and then again at the end of each term (T1, T2, T3).

This data allows Health Mentors to review their personalised activity programmes and demonstrate improvements in pupils' health and wellbeing. This also includes attendance, attainment and behaviour figures in impact reports, if available.

Case Studies & Testimonials

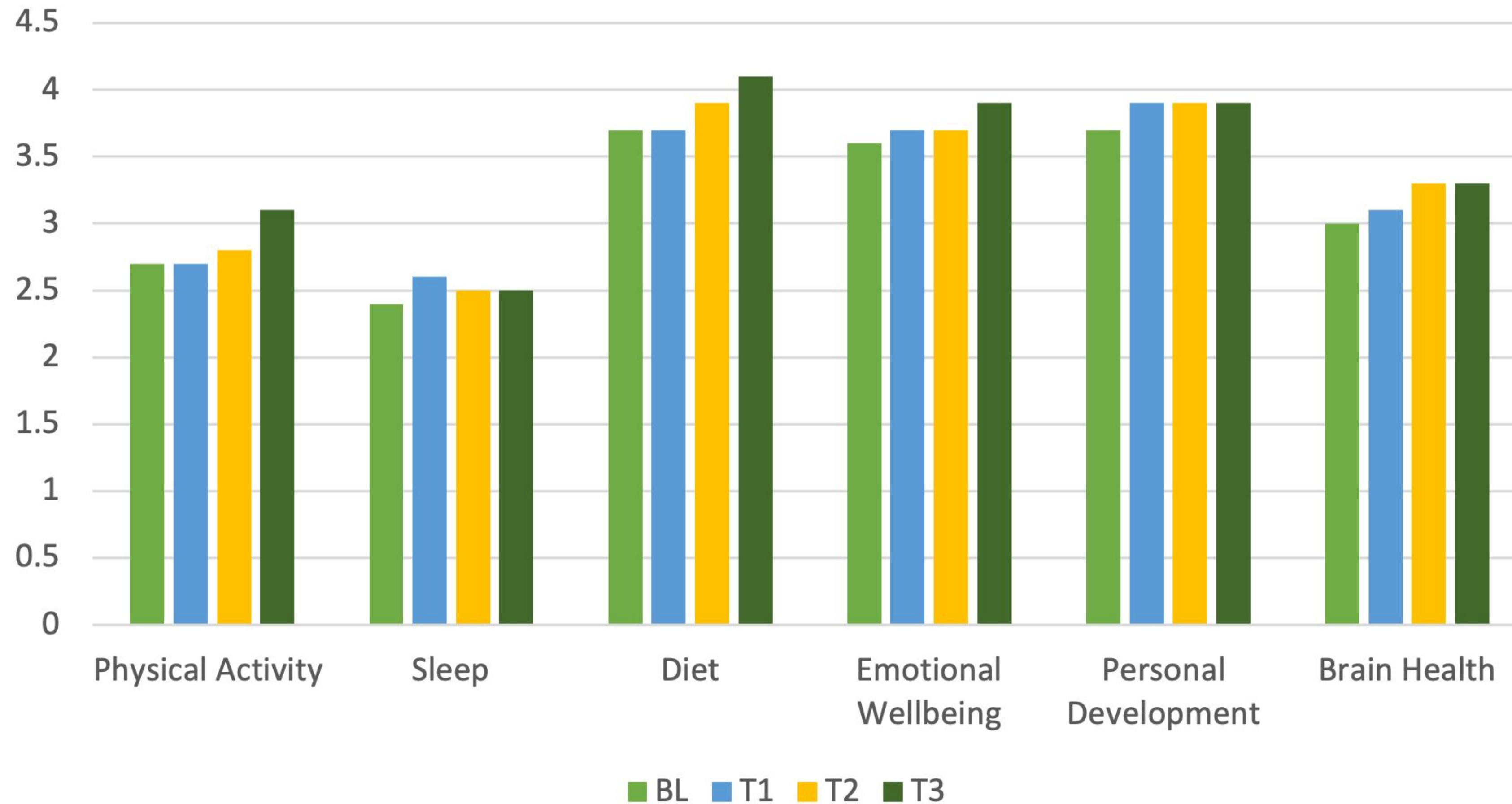
Figures only tell half the story of the impact made in a school. Outcomes such as increased confidence, self-esteem and social skills are vital for pupils to get the most out of learning and life. Impact reports include case studies and testimonials, to show the human stories behind our work.

Wellbeing Compass Results



Wellbeing
Compass

Changes in Wellbeing Compass results BL, T1, T2 & T3



Interpreting these results

This graph illustrates the average baseline scores, compared to term 1, 2 & 3. These give a valuable insight into pupils' overall health and wellbeing.

These results show improvements in all scores from baseline (BL) to term 3 (T3). With the biggest increase seen in physical activity increasing 16%. Showing the success of the Health Mentors Physical Activity support.

Limitations

The Health Mentor has covered classes due to staff absences which has limited intervention times. In term 2 there was 40 days worth of classroom cover provided.

Wellbeing Compass Results



Changes in Wellbeing Compass results from baseline to term 3.

+16%
Physical
Activity

+12%
Diet

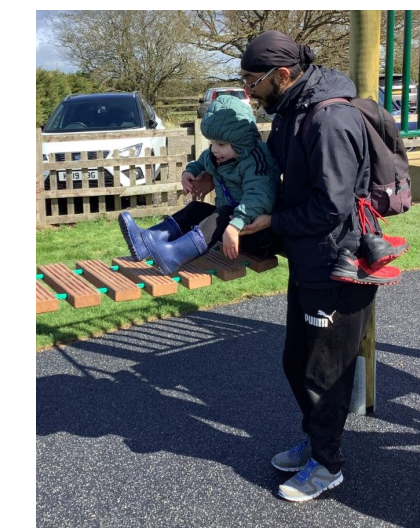
+9%
Emotional
Wellbeing

+5%
Personal
Development

+9%
Brain
Health

+4%
Sleep

Interventions: Physical Activity



Occupational Therapy and Physio Programmes

13 pupils have had weekly 1:1 sessions with Jeevan as part of either: an Occupational Therapy programme or Fine Motor Programme, designed by the Schools OT, or a physiotherapy plan as prescribed by a physio. During these weekly sessions, pupils have been supported with completing these exercises to improve their co-ordination, core stability and motor skills. Weekly progress sheets have been used with a number of these students to capture the progress being made weekly, which have supported Annual Reviews conducted by class teachers and SLT with parents, often supported by therapists.

“Jeevan has supported a pupil in my class with their physio plan, along with a daily progress sheet to monitor frequency of completion. Jeevan’s weekly support has allowed the pupil to feel more confident in PE sessions as well as making a difference to their movements around school.” - KS3 Teacher

Playground Support and Lunchtime Clubs

Physical activity has been supported at The Pines through OT programme delivery, PE support and CPD and delivery and re-introduction of lunchtime clubs. In Autumn Term, classes benefitted from 44 hours of PE support, 66 hours of playground support and over 55 hours of OT support. In summer term, Sports Days across the school were supported by Jeevan, offering help with set up, running of events and pupil support during parent sessions. Lunchtime clubs have also been reintroduced and have proven popular with 32 pupils in Y3-6 signing up for 3 clubs and 36 pupils Y7-11 signing up for 3 clubs*.

Note: *32 is the maximum number of pupils per club run on split weeks (2 groups of 16, per club).

“Jeevan has supported staff with the delivery of PE, offering good CPD in sessions. He has helped me become more confident in delivering PE, and it has been good to observe Jeevan in practice to understand how he delivers PE. This has had a positive impact on engagement levels in class and have helped me to better deliver, and progress PE during our topics, offering the appropriate challenge and development for pupils.” - KS3 Teacher

Interventions: LEAP

Post-16 Transition

During the academic year, Jeevan has supported Year 11 pupils throughout their applications to college, with 3 pupils applying for and successfully receiving offers for mainstream placements. As well as this, Jeevan has supported the enrolment and transition of key pupils into their college setting and started to establish links to colleges for the school to build on. This has including supporting enrolment and induction days, supporting families with application forms and ensuring settings have appropriate support and provision in place to help students succeed.

The post-16 program has also supported Year 10 who have started to consider post-16 options with one having a visit to a potential college. Students have worked with Jeevan to understand and explore career interests and pathways for them to consider ahead of careers interviews they have had with Birmingham Careers Service which took place in the spring term of Year 10.

Students in Year 9 are now working with Jeevan to explore what careers are and what happens after Year 11 at The Pines. This has started early to ensure that families have plenty of time to consider open days and explore various provision on offer, something which will also support EHCP and annual reviews with the school Year 9 and beyond.

A pupil centred learning framework has been created to ensure appropriate skills and knowledge around post-16 transition are developed upon, with the objective to ensuring pupils are prepared for post-16 transition at the end of Year 11.

Intervention Impact Testimonials



“ I have done my exercises with Mr C and I feel like I am improving my balance

”
- Pupil

“

Jeevan has had a considerable impact on the young people in my class this year. He has been a mentor, a careers advisor, a sports coach, and most importantly of all, a hugely positive influence. As a role model, his work has passed down into the habits and behaviours of pupils and they are more rational and considerate with their decision making. His warmth and consistency is a huge asset in supporting the young people in 1-1 sessions

”

- KS4 Teacher

“ Jeevan has supported my class during PE lessons. He brings new activities and ideas to try and will confidently support and lead parts of sessions with great engagement and focus from the children throughout. He manages behaviours confidently and meets each individual needs through tailoring activities and exercises to suit each child.

”

- KS3 Teacher



“

During our Early Years PE sessions, Jeevan has supported all of the children to access a variety of equipment both inside and outside. He has enabled the children to gain confidence throughout the year, supporting their individual needs

”

- EYFS Teacher

Intervention Impact Testimonials

Jeevan supports weekly PE sessions and across the year has been supporting pupils in EYFS within sensory circuits. Jeevan has built strong relationships with all pupils and interacts with them appropriately; differentiating his approach to meet their individual needs. Jeevan always has high expectations of all pupils and ensures that they achieve and succeed within the sessions. Pupils smile and engage with Jeevan when he is present or enters the classroom and they enjoy working with him

”
- EYFS Teacher



Jeevan has supported staff with the delivery of PE, offering good CPD in sessions. He has helped me become more confident in delivering PE, and it has been good to observe Jeevan in practice to understand how he delivers PE. This has had a positive impact on engagement levels in class and have helped me to better deliver, and progress PE during our topics, offering the appropriate challenge and development for pupils.

”
- KS3 Teacher

Jeevan was a massive help during both residential for primary and secondary. The residential trips lasted 5 days and 4 nights, where Jeevan was a consistent member of staff, offering 24hr support to the children. His hard work, organisation and positive attitude was key to making the residential visits a success. He enabled children to access the different activities that were on offer, giving them positive life long memories. On both residential Jeevan supported the children in a wide range of ways from communication and personal care to adapting the activities to make them accessible for the children at their level. He was constantly supporting the children throughout each activity, whether it was adapting the activity so the child could take part or giving the child the positive encouragement, they needed to give the activity a go. Thanks to Jeevan's support on these trips he was able to help teach and embed new life skills for children that they will take with them for the rest of their lives.

”
- Assistant Head, Secondary¹⁵

Impact Summary

Overall, the Health Mentor made significant progress towards the stated objectives of the project. Working with a small number of children has granted the Health Mentor the opportunity to focus on individual needs, through a wide range of interventions.

Through consistent engagement the Health Mentor has had a considerable impact on pupils across key stage groups. Supporting them to develop both educational and personal life skills to aid them in the rest of their lives.

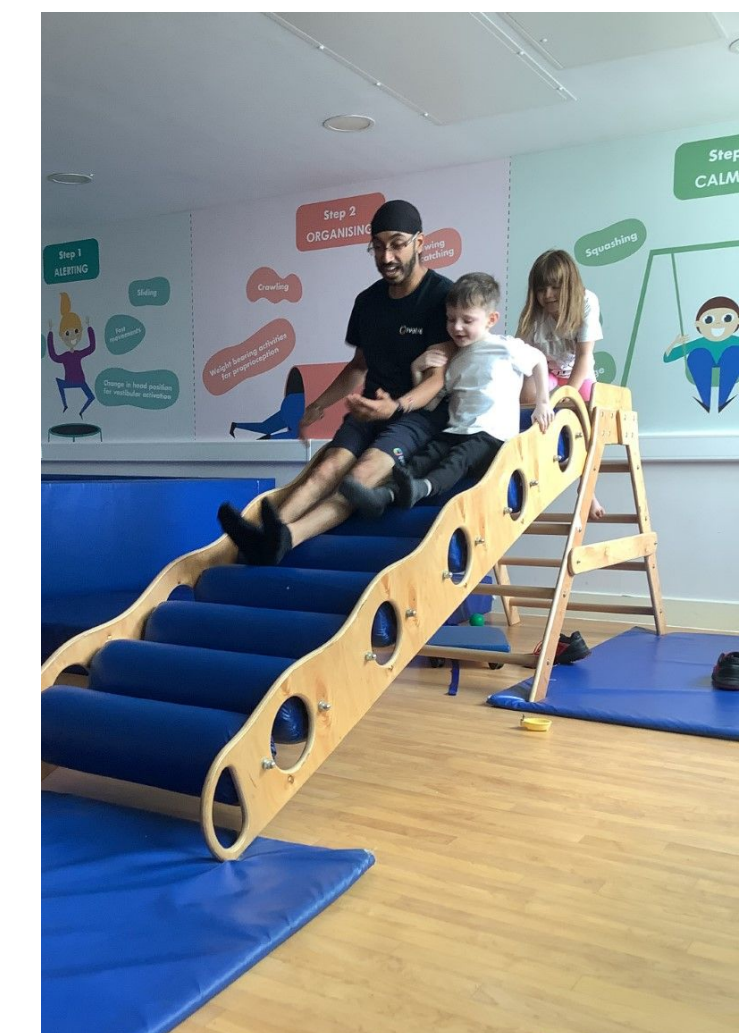
Staff have noticed changes, including more active and engaged pupils. The pupils who joined the re-introduced lunchtime clubs have improved their social skills, confidence and enthusiasm for learning.

The Health Mentor has also supported staff by providing a staff wellbeing club and aided staff in becoming more confident to deliver engaging PE lessons that appropriately challenge pupils for increased personal development.

**5 days of
support
per week**

**100%
Health Mentor
attendance**

**16% increase in
Physical
Activity**



About Evolve

Evolve is an award winning social enterprise that brings education and health together to ensure a better future for our children.

Evolve introduced Health Mentors to the UK education sector as an effective intervention that reduces the pressure on public services, by improving the health of children, their families and communities.

Our holistic, unique view of health includes emotional health, sleep, diet, physical activity and brain health.

About Project HE:RO

Project HE:RO (Health Engagement: Real Outcomes) is Evolve's multi-award winning programme for primary schools.

The programme is tailored to each school, supporting pupils, teachers and parents with Evolve's highly trained Health Mentor workforce.

Project HE:RO empowers our most vulnerable children to deal with challenges, build skills and succeed at school and in life.

“Children and young people need to be healthy in mind and body to learn. Evolve is developing a new and exciting way to break down the barriers between children’s health and education.”

- Professor Sir Albert Aynsley-Green



Professor Emeritus of Child Health, UCL

Former Children's Commissioner for England

Former President, BMA

“The Evolve project has been an exceptional success...Our children are more active, more engaged and overall, in a better position to get the most from their learning.”

- Project HE:RO headteacher

Our Innovative Programmes

Project HE:RO - health and wellbeing focus within primary schools

LEAP - Leadership, Enterprise, Aspirations and Performance in secondary schools

XLR8 Holiday Courses - transition support for primary school pupils moving to secondary school

Recent impact figures



10% higher Brain Health than the national average



35% increase in Personal Development in 2 terms



Reduced exclusions by 50% in one academic year (2018/19)



Keep in Touch

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Keep up to date with Evolve's work on social media or visit our website.

We are always open to new partnerships, questions and feedback. Contact us at hello@evovesi.com

