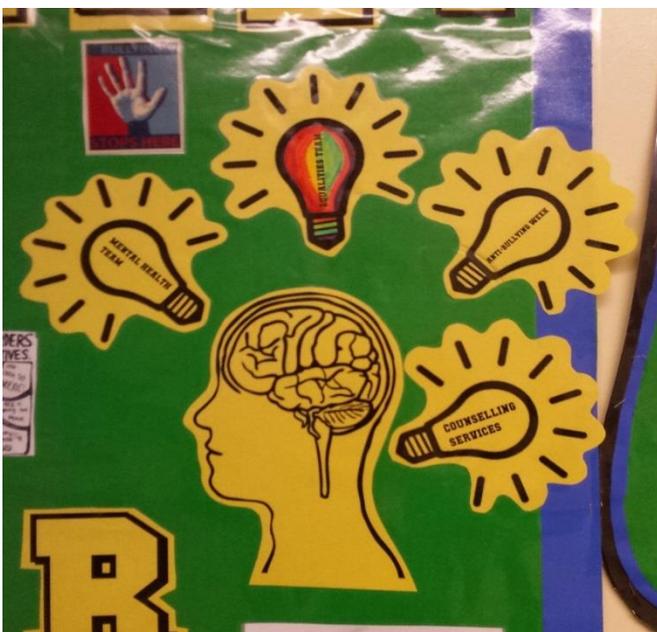


We have a section on sport that is offered at Chew Valley School with pictures of pupils:



There were loads more sports we could have included but we ran out of space! We also found lots of random activities that are healthy like ultimate Frisbee club, sponsored walks, charity zumba and charity runs. The PE department runs lots of different sports and activities throughout the year so there is really something for everybody. We found that most people do at least one extra sporting activity in the year as well as PE classes. We also found out that older year groups get to choose what sports they want to do. We liked this idea because it means that everyone can do some exercise that they enjoy. As well as PE lessons we also have dance lessons. There is a dance festival every year and we include the local primary schools so they can get a taster of life at Chew Valley.

We included the mental health facilities on offer:



We thought that this was a very important part of being healthy- its not just about what you eat and the exercise you do but about how you feel about yourself. We found out that these clubs actually help to plan the PSHE lessons and they do assemblies and enrichment sessions to help us to think about our mental well-being and happiness. We try hard to accept everyone and we work hard to make sure school is inclusive. For everyone. We found out that some teachers do meditation with their classes and the year 11s and 6th form include stress

management in their revision techniques- we think this would be useful in the whole school!

As well as exercise and mental health we found lots of activities that help our bodies in other ways:



We found out about the School Nutrition Action Group (SNAG) that help to make school food more healthy and fair with the fair trade certificate. They work with the kitchen staff who are very friendly and work hard to give us healthy and delicious meals and snacks. We found a group that keeps chickens to provide eggs and a poly-tunnel and gardening team that grows vegetables because what we put in our bodies is really important for our health.

Again, there was too much to include on our display- circus skills, nature club, forest club, memorial garden and wildlife club helps us to spend time with nature and outside. We have a really lovely memorial garden with a pond and it is so nice to spend time out there in the fresh air. We are very lucky to have so much green space- that's why we chose green for the background of our display (and it is the colour of our school uniform!)

We were really impressed by how much goes on at Chew Valley. We wanted to be able to leave the display so that we could add to it and make it a "living" display, showing all the new ways that Chew Valley is becoming healthier, but unfortunately because of where it is, it would get messed up so we had to cover it in plastic. We will try to add other things as they come up or create a new display each year to show that we are committed to being healthy and getting even healthier.

Thank you for reading our report and we hope you like our display.

Ellie, Lily, Nat and Ben- 8E