



# The Pines Special School

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Project HE:RO

Impact Report

2018/19





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“To enable all children to achieve their potential by improving their physical, emotional and cognitive health and wellbeing”





# 1. Your Project HE:RO



# Methodology



Project HE:RO places Evolve Health Mentors in primary schools to coach targeted cohorts of pupils to achieve bespoke objectives. The positive and effective relationships developed between pupils and Health Mentors are the foundations upon which personalised activity programmes are designed and delivered. These activities are incorporated into Health Mentor timetables that improve children's physical, emotional and cognitive health and wellbeing, which research shows will drive academic success.

## Objective 1

To reduce the number of incidents of poor behaviour during lunchtime by 20% term on term.

*Incidents recorded per term:*

September - 42

October - 37

November - 21

December - 26

January - 12

February - 29

March - 29

## Objective 2

To improve the life skills and the ability for children to succeed at school by successfully working with the OT and implementing their plans.

*Recent Pupil Quote:*

*"I want Mr C to work more days. He is friendly, good to talk to, plays with us and makes everyone feel happy about themselves" - y8 pupil*

## Objective 3

To increase the number of sporting opportunities that pupils have access to at Lunchtime and after school compared to 2017-18 data.

*The number of clubs and opportunities have significantly increased for pupils this academic year. Final analysis is being carried out to compare to last years data.*

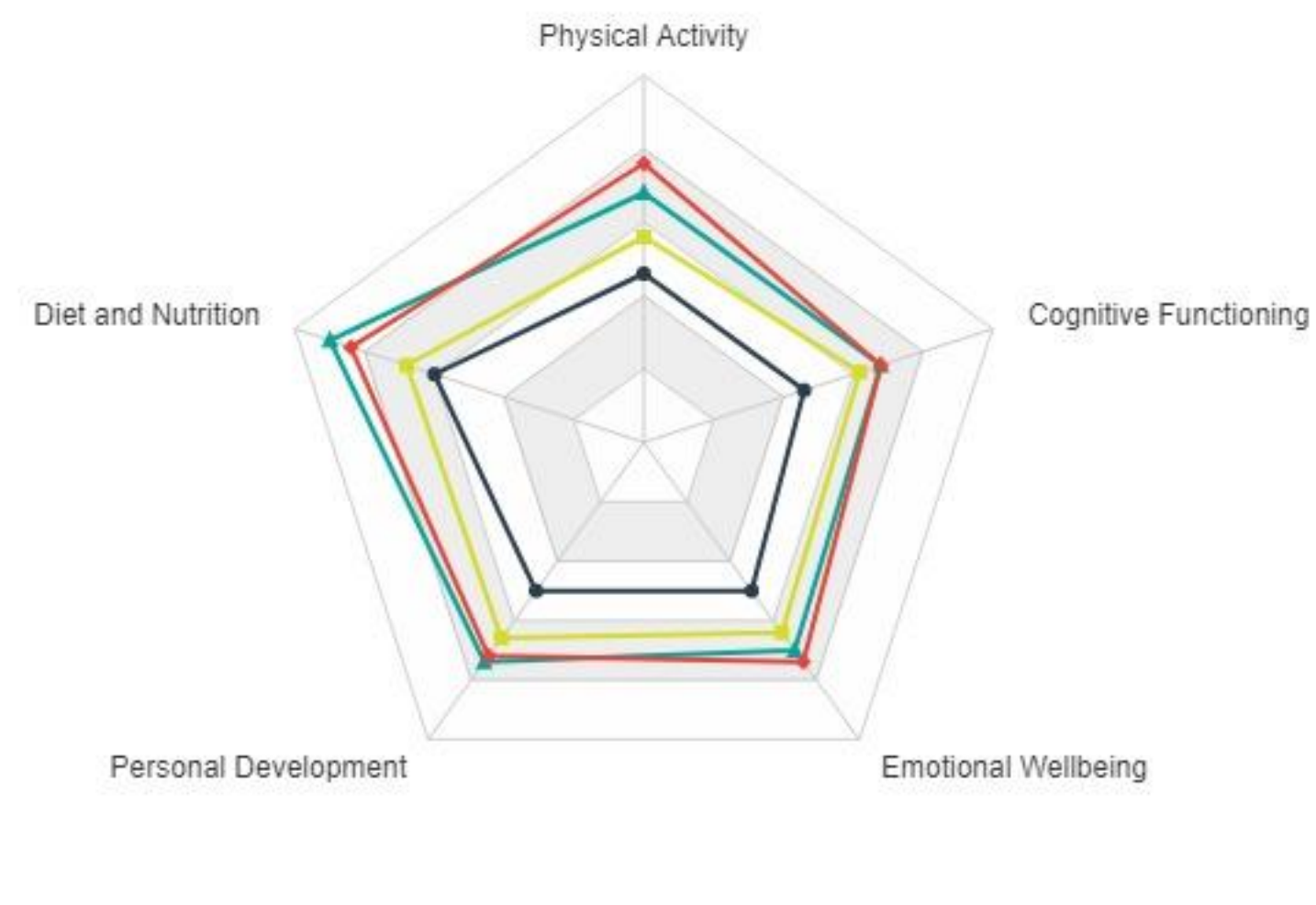




# Wellbeing Compass



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). The five dimensions of this impact assessment are physical activity, diet and nutrition, emotional wellbeing, personal development and cognitive functioning. This data allows Health Mentors to review their personalised activity programmes and adapt accordingly in consultation with teaching colleagues. These are the results from all pupils entered from your school:





## 2. Impact Data



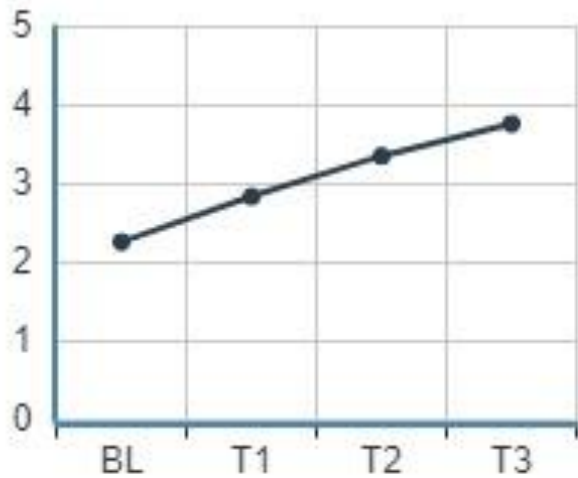


# Beneficiary Impact



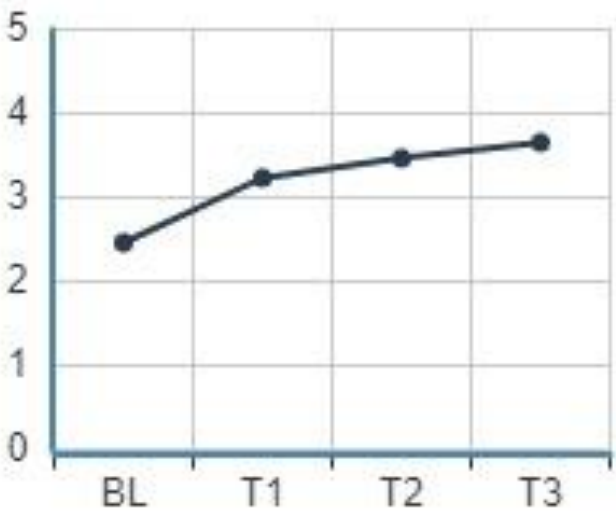
+66%

Physical Activity



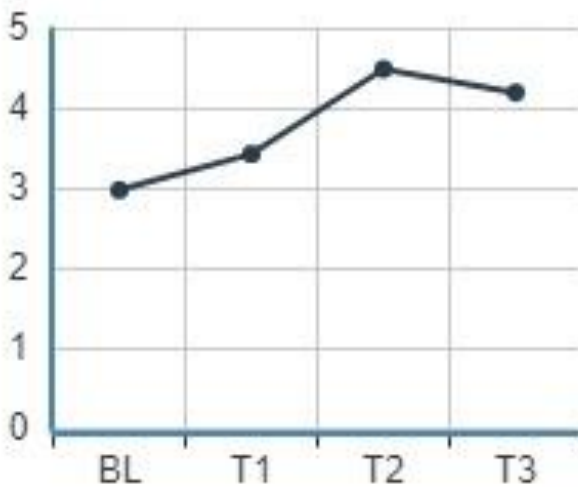
+48%

Emotional Wellbeing



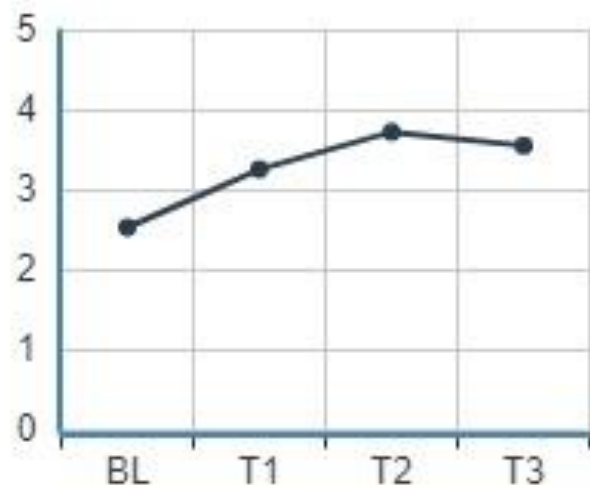
+41%

Diet and Nutrition



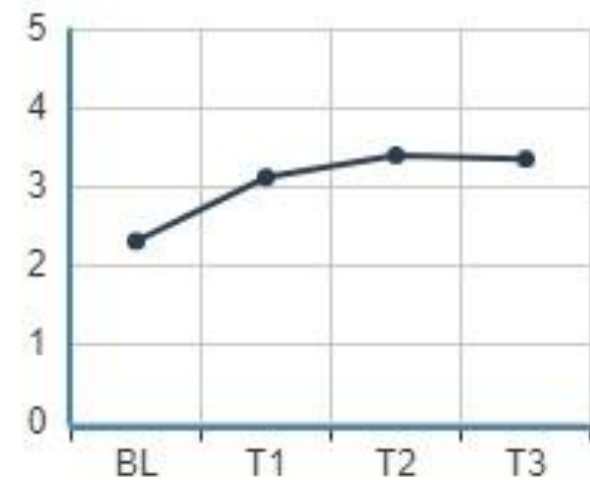
+40%

Personal Development

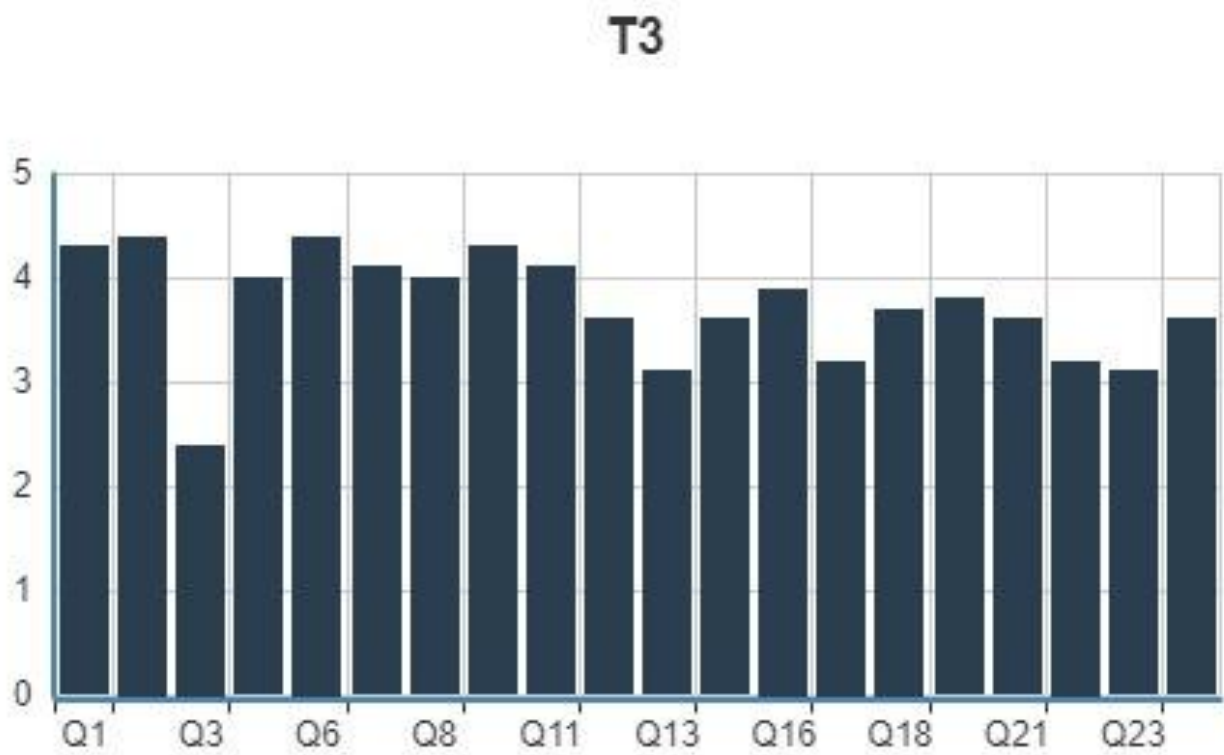
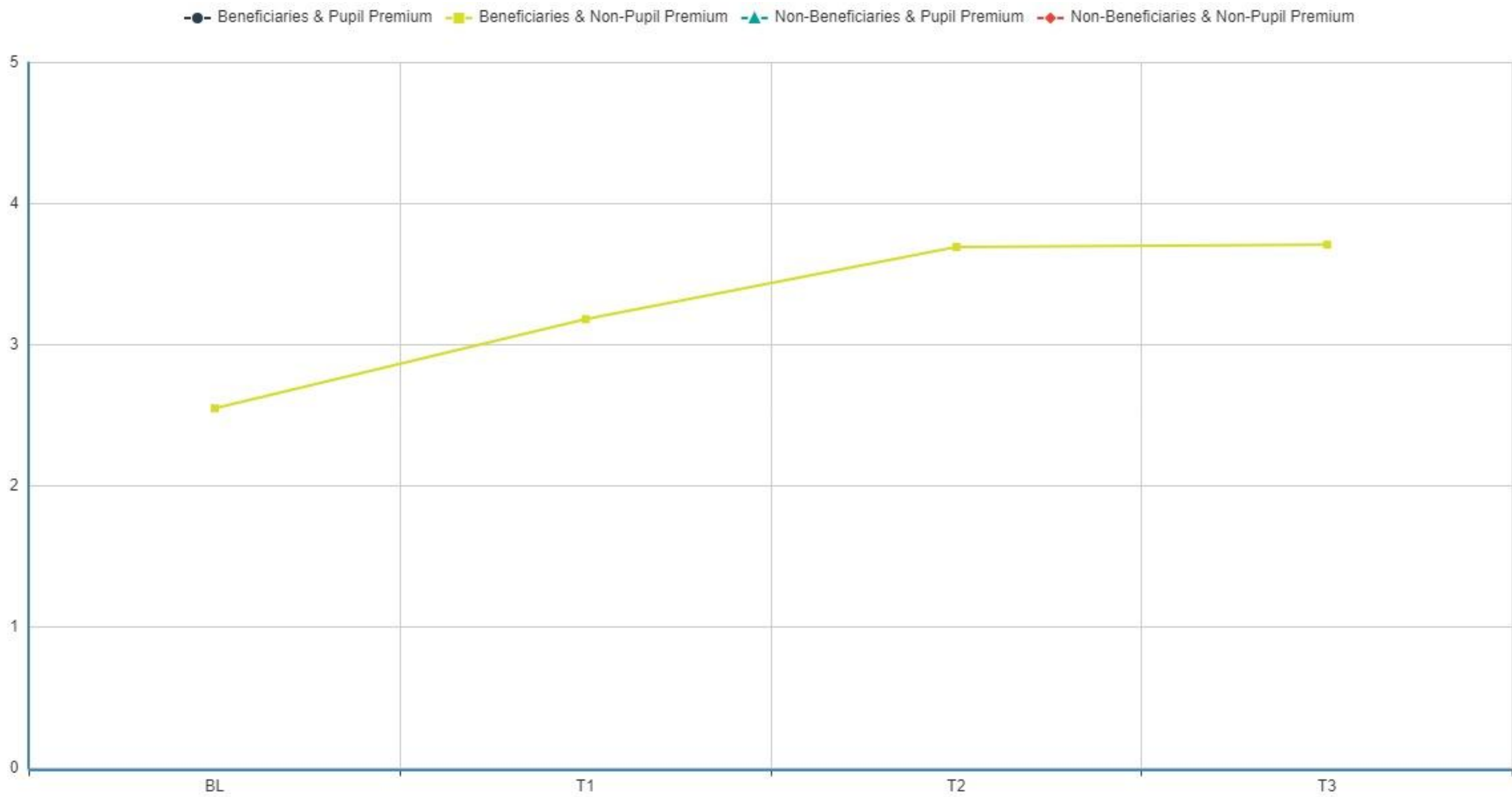


+45%

Cognitive Function



# T3 Progress



## Question responses



### 3. Next Year





## Next Year

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Project HE:RO is constantly evolving, at both programme and school level, based on global research, our own evidence of what works most effectively, and feedback from all stakeholders involved.

Adopting a whole school approach with the Wellbeing Compass can help to provide a snapshot of school wellbeing levels and help to benchmark progress made through Health Mentor interventions. It is now possible to integrate this with school management information to compare results with attendance and attainment figures.

Investing in the daily physical activity levels of all pupils will have numerous health and educational benefits. Classroom Movers is an easy way to incorporate daily bursts of physical activity into your school timetable to improve pupil behaviour, fitness and learning. Your Health Mentor will be able to introduce this programme to teaching staff and support them with maximising its potential throughout the year.

A key objective for all Evolve Health Mentors is to help prepare children for learning so that teachers can be even more effective. Evolve has successfully trialled an online cognitive training tool called MyCognition that directly restores the brain health of pupils who have suffered from childhood trauma and can enhance the executive function and cognitive performance of many children.

If you are interested in contributing to our evidence base of the wider impact of wellbeing within education, we are always looking for schools to participate in research trials and projects, as well as contributing to case studies.

Evolve's Health Mentor Training Programme is the perfect way to extend the impact of your Health Mentor whilst providing a valuable CPD opportunity for teaching support staff using your school's apprenticeship levy funding. Email [training@evolvesi.com](mailto:training@evolvesi.com) if you would like to learn more about this funded development opportunity for your teaching support staff.





## Keep in Touch



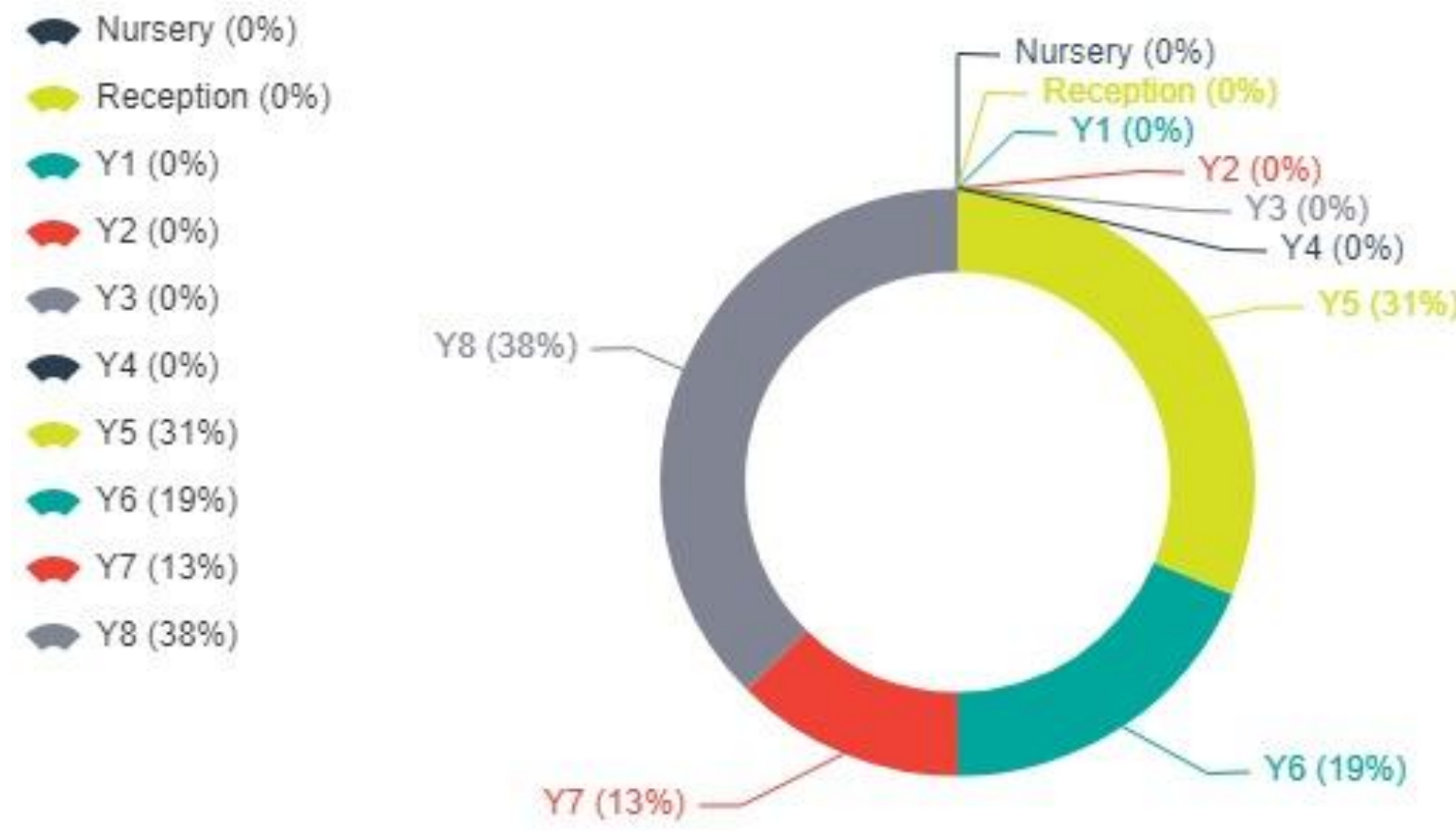
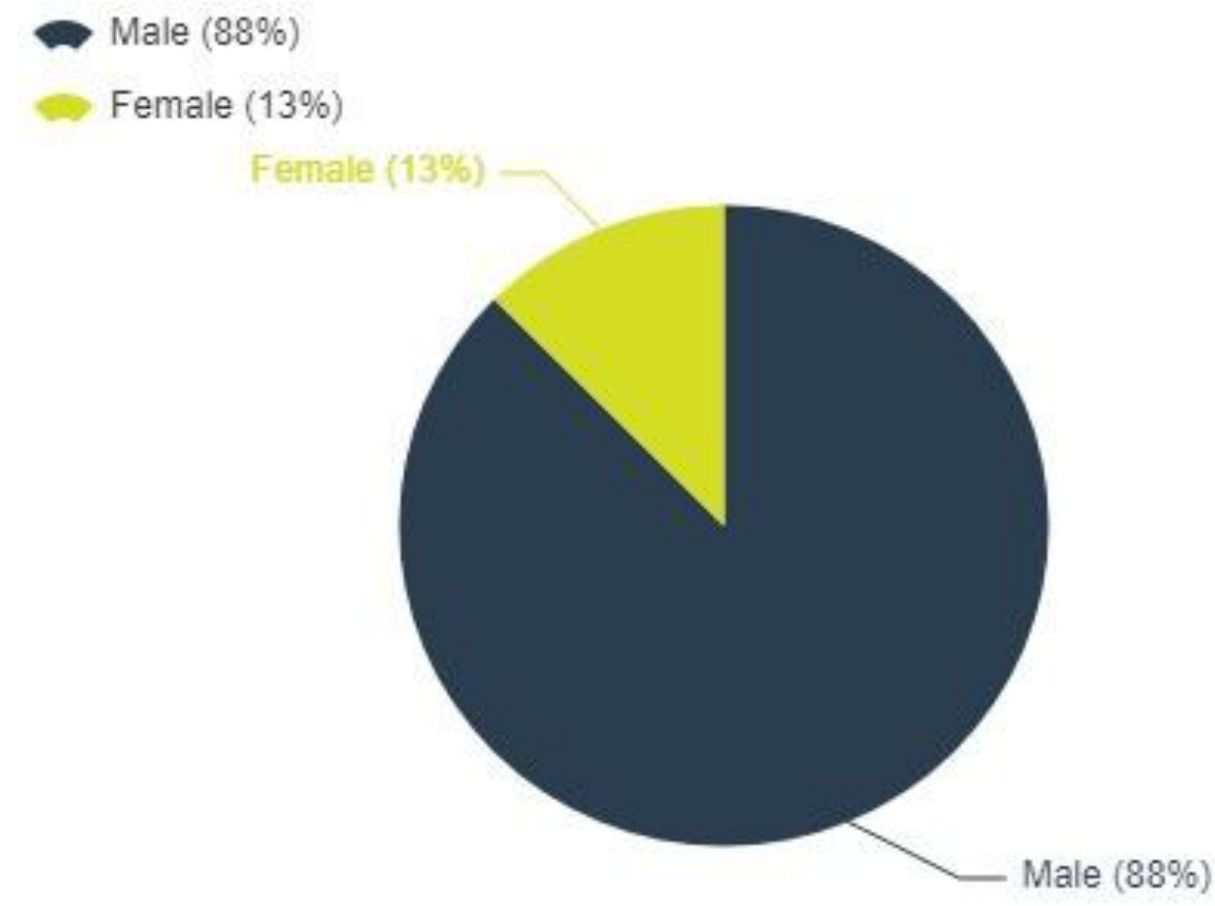
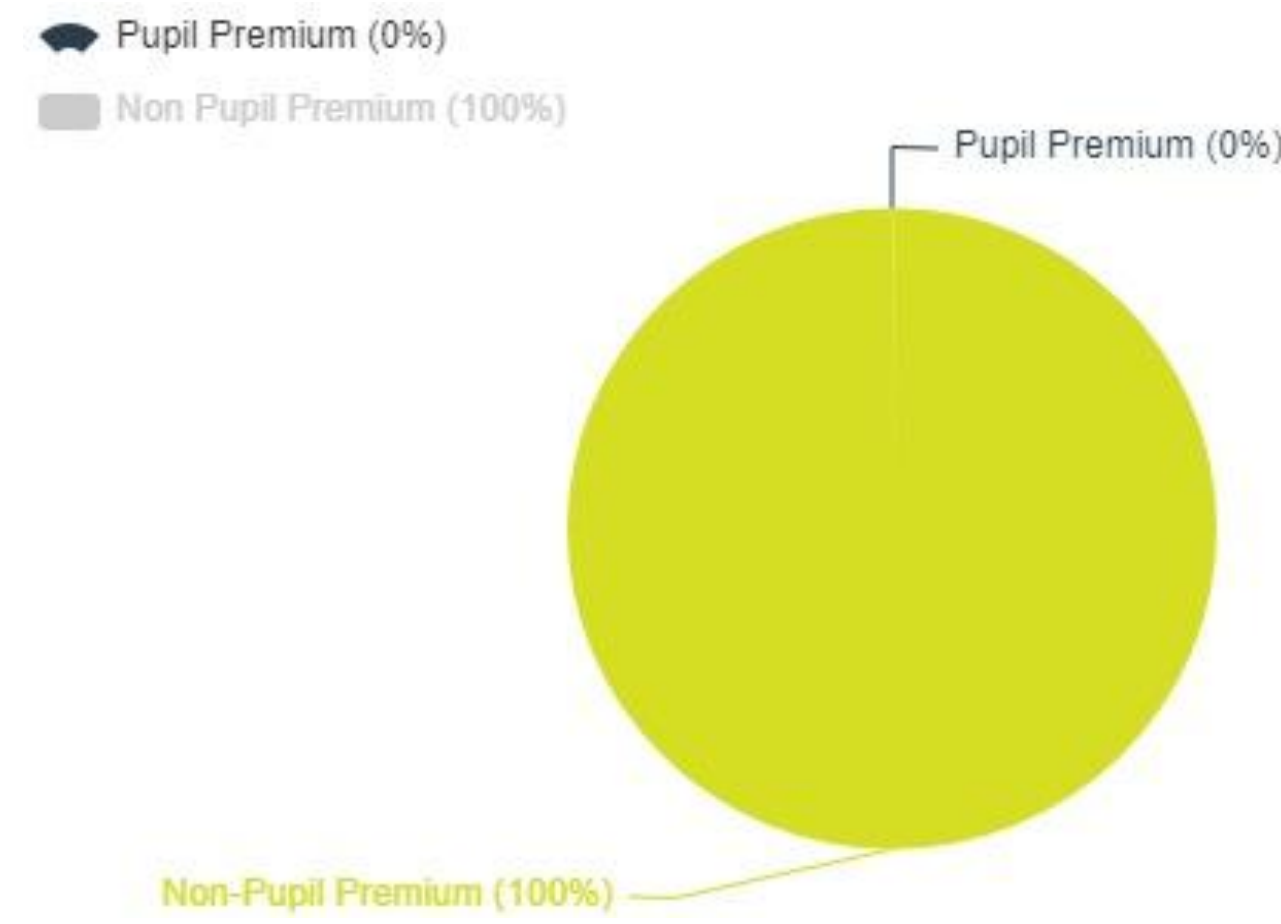
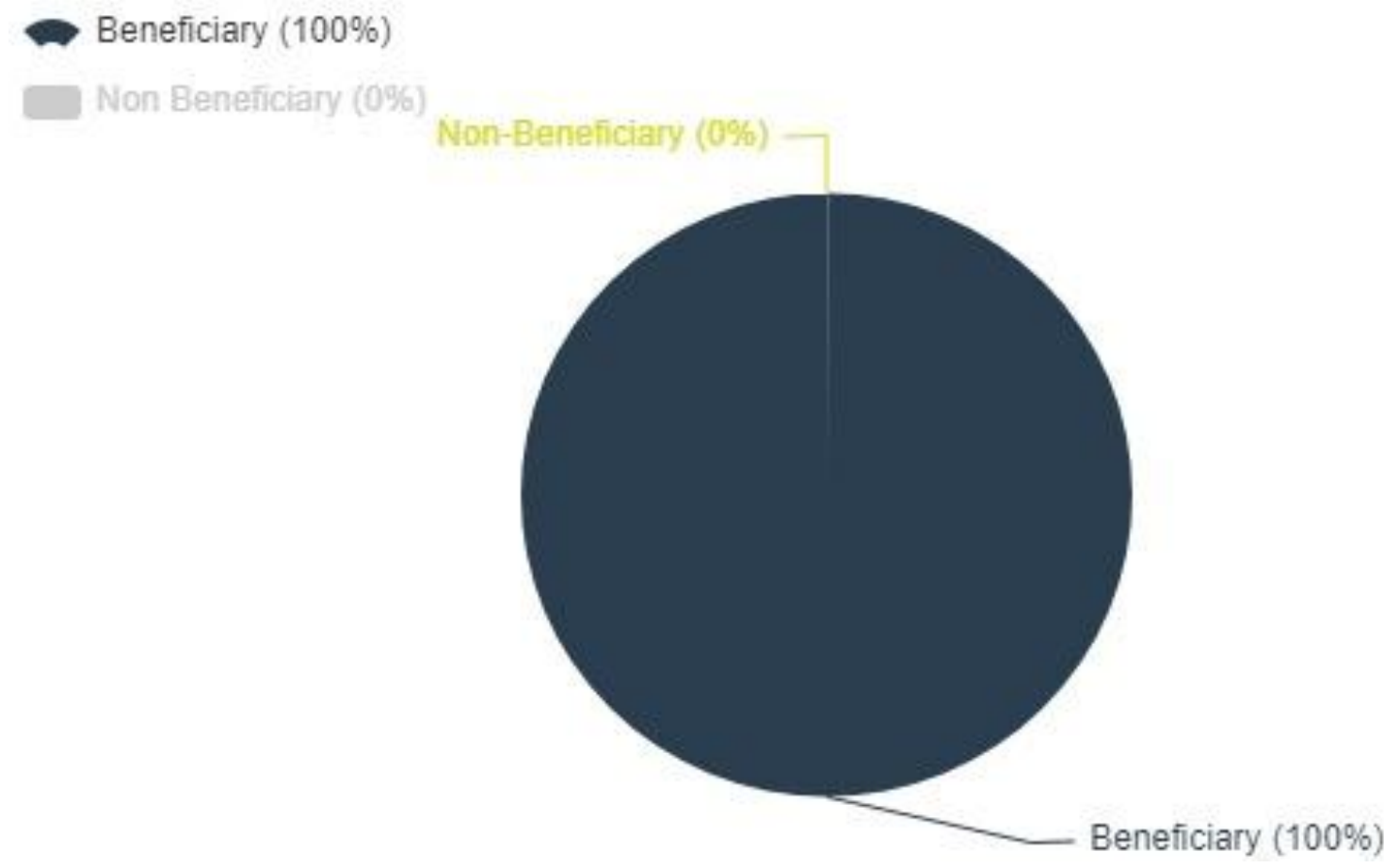
Keep up to date with all of the latest information from Evolve using your preferred social media channels.





# 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.







## About Evolve

Evolve is a social enterprise that develops grassroots solutions to some of the biggest challenges facing society today. Evolve is the organisation that introduced Health Mentors to the UK education sector as an upstream and preventative programme that reduces the pressure on public services including the NHS, Youth Justice and the Department for Work and Pensions.

Evolve Health Mentors work with children and young people in a variety of settings using the following three programmes:

1. **Project HE:RO** - health and wellbeing focus within primary schools
2. **LEAP** (Leadership Enterprise Aspirations Performance) - leadership and employability focus within secondary schools

3. **XLR8 Holiday Courses** - personal development focus for primary aged children using secondary school venues

**"...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

## About Project HE:RO

Project HE:RO (Health Engagement: Real Outcomes) is Evolve's multi-award winning programme for primary schools that addresses a number of key issues faced by children growing up society today including physical inactivity, poor mental health, low aspirations, declining personal skills and obesity.

Project HE:RO supports pupils, teachers, parents and schools by deploying Evolve's highly trained Health Mentor workforce that empowers children to deal with these challenges, thereby preparing them for learning and life.