

## Bilston C of E Primary School Impact Report 2017-18



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



# How Project HE:RO helped Bilston School



2

Days of support  
per week



78

Days of support  
per year



66

Number of after  
school clubs



16

After school club  
attendance average

## Health Mentor Profile:

Number of  
Health Mentors: 1

Name: Shane Bevan

Attendance: 95%





## Objectives

During the school year the Health Mentor worked towards the following objectives:

1. To increase pupils' participation in physical activity by July 2018, measured using Evolve's Wellbeing Assessment tool
2. To improve the emotional resilience of identified pupils by July 2018, monitored through Evolve's Wellbeing Assessment tool
3. To improve the physical health of identified pupils by July 2018 using physical activity sessions and recording their progress



## 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. (\*)

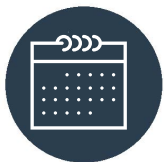
**Physical  
Health**

**Emotional  
Wellbeing**

**Personal  
Development**

**Cognitive  
Health**

*(\*) Gutman, L.M., and Vorhaus, J. for the Childhood Wellbeing Research Centre (2012) The impact of pupil behaviour and wellbeing on educational outcomes, Department for Education*



# Health Mentor Timetable

Day	AM 1	AM 2	Lunch	PM	After School Club
Monday	Physical Activity Sessions	Physical Activity Sessions	Lunchtime Animation	One-to-one Mentoring	Tag Rugby
Tuesday	Physical Activity Sessions	Physical Activity Sessions	Lunchtime Animation	One-to-one Mentoring	Multi Sports Activities
Wednesday					
Thursday					
Friday					



## To increase pupils' participation in physical activity

The Health Mentor has provided a range of opportunities for the children at Bilston to be physically active. An average of 16 pupils were engaged in 66 after school clubs over the course of the year. The Health Mentor has also become a consistent presence on the playground at break and lunchtimes, engaging children through inclusive games that have increased physical activity and reduced behaviour incidents.



"Mr Bevan did sports with us in the mornings. I think it has helped me get fitter and better at sport"

*Year 3 Pupil*

### Change in score in response to questions or statements compared across Baseline (BL), and Terms 1-3 (T1, T2, T3):

In a normal week in your time outside school, how often do you do physical activity that makes you out of breath?





## To improve the emotional resilience of identified pupils

The Health Mentor has supported multiple pupils across Key Stage 2 this year. Specific needs have included developing resilience, managing anger and enhancing the social skills of beneficiaries through small group sessions.



"Shane is proactive and he has built some good relationships with our most vulnerable children"

*Teacher*



"Mr Bevan has helped me with my anger. I feel like I can control how I feel a lot better now"

*Year 4 Pupil*

Change in score in response to questions or statements compared across Baseline (BL), and Terms 1-3 (T1, T2, T3):

I can calm myself down when I feel angry





## To improve the physical health of identified pupils

During Physical Education lessons fitness tests were conducted throughout the year, measured through the following activities:

### Throw and Catch

- Ages 5-7 – Number of times a ball can be bounced and caught in 60 seconds
- Ages 8-9 – Number of times a ball can be thrown and caught against a wall in 90 seconds
- Ages 10-11 – Number of times a ball can be thrown from one hand and caught with the other against a wall in 120 seconds

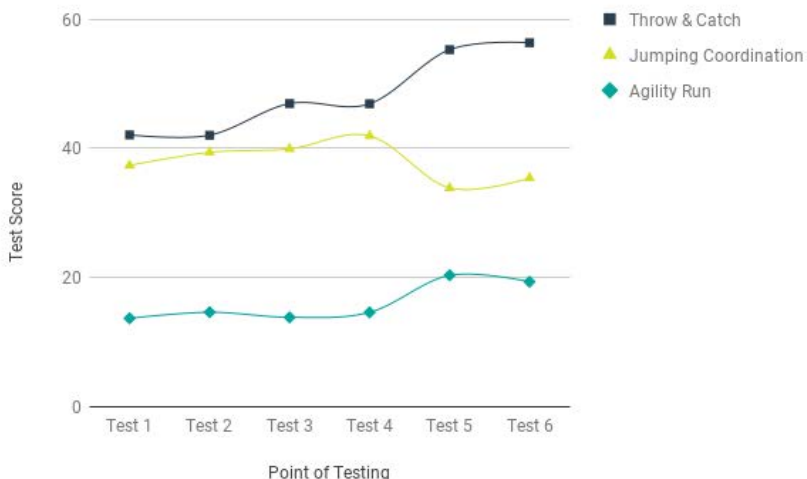
### Jumping Challenge

- Ages 5-7 – Number of star jumps completed in 60 seconds
- Ages 8-9 – Number of two footed jumps completed in 90 seconds
- Ages 10-11 – Number of two footed jumps over a bench completed in 120 seconds

### Agility Run

- Ages 5-7 - Number of shuttle runs (6m) completed in 60 seconds
- Ages 8-9 - Number of shuttle runs (slalom over 6m) completed in 90 seconds
- Ages 10-11 - Number of shuttle runs (to a centre point and back, in sequence) completed in 120 seconds

## Bilston Fitness Testing Results

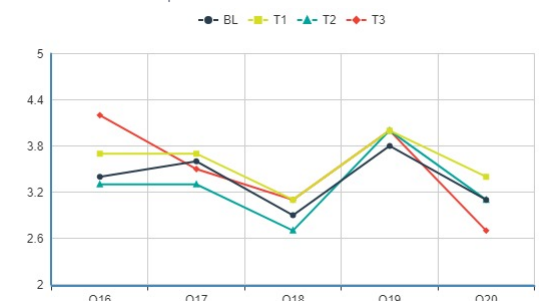
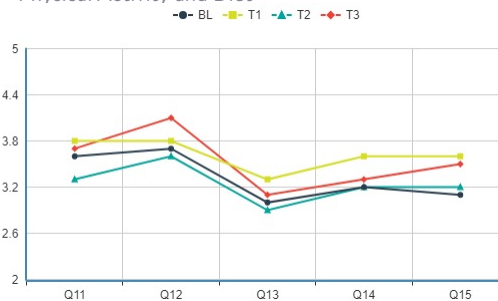
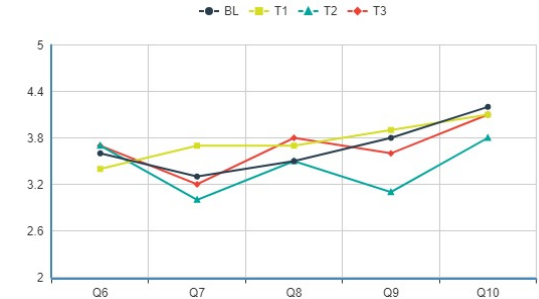
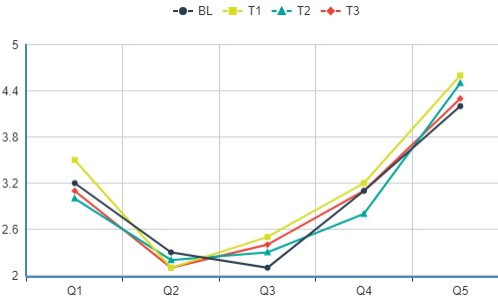






# Impact Area Outcomes

Health Mentors conduct online surveys with their pupils at the start of the year to gather baseline information and then again at the end of each term. The five dimensions of this impact assessment are physical activity, diet, emotional wellbeing, personal development and cognitive health. This data allows Health Mentors to review their personalised activity programmes and adapt accordingly in consultation with teaching colleagues.



Question scores across impact areas show the difference in results from Baseline (BL) at the introduction of the Health Mentor with those at each term (T1, T2, T3).



## Recommendations

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.

Investing 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 childhood trauma and can enhance the executive function and cognitive performance of all children. Evolve is running stage 2 trials during 2018/19 to gather further evidence of MyCognition's efficacy if your school would like to participate in this groundbreaking research.



# 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, University College  
London and former Children's  
Commissioner for England*



## 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.




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Central Hall  
Alice Street  
Keighley  
West Yorkshire  
BD21 3JD

0845 519 8446  
[info@evolvesi.com](mailto:info@evolvesi.com)  
[www.evolvesi.com](http://www.evolvesi.com)

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