

Helen Carpenter
Headteacher
Westgate Primary
Scarborough Road
Leeds, West Yorkshire,
LS21 3JS

Health and Wellbeing Service
Children and Families Dept
Leeds City Council
Adams Court, Kildare Terrace
Whitehall Road
Leeds
LS12 1DB

Email: schoolwellbeing@leeds.gov.uk
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Dear Helen,

Thank you for inviting me into your school to carry out a Healthy Schools validation visit on 24th November 2022.

Based on the findings of the visit, I am pleased to confirm your continued Healthy Schools status. Thank you for continuing to support the Healthy Schools agenda and for continuing your work in the core 4 areas of health and wellbeing, for the benefit of the pupils and whole school community.

During the visit there were many examples of excellent practice including:

- **Supporting staff, pupil and family wellbeing is at the heart of everything that Westgate Primary does.** There is a real sense of nurture, trust and belonging in this school. The staff feel overwhelmingly positive about the wellbeing support they receive from the headteacher and the efforts made to reduce workload. The learning mentor is a fantastic source of support to pupils and their families and is accessible to all, which ensures that timely support is given. Staff show a genuine care and commitment to each other, the pupils and their families. As a result, pupils feel safe and cared for and know there is always someone available if they need support.
- **The drive, determination and passion shown by staff to ensure that all pupils SEND and SEMH needs are met through a well thought out graduated approach, centered around each individual child.** The universal offer available to pupils is very impressive. The staff work on the assumption that pupils may have unidentified needs and therefore support is put in place across the whole school in the form of Zones of Regulation, Restorative Practice, Mindfulness, visual timetables, sensory adaptations, the Westgate 3 R's and many more. Where targeted support is needed, pupils are given a voice and bespoke support is built around this. Staff work on the principle that all problems can be solved and work as a team to find solutions matched to each individual. This practice is well embedded.
- **Inclusion is the foundation which every element of school life is built around.** The knowledge, experience and passion shown by staff to support pupils with SEND is very apparent. Pupils showed an excellent understanding of diversity and inclusion and could talk about the many opportunities they have to support this understanding such as the visit from a paralympic tennis player and a female Thai boxer and the very successful Everyone Can day. The many visitors to school not only helped to develop pupils' knowledge of different careers but also supported their

understanding that gender shouldn't be a barrier to achieving your goals. Pupils are taught that difference is something to celebrate and that everyone can aim high. The pupils are respectful, thoughtful and showed a very good understanding of the protected characteristics and British Values.

- **The work that has been carried out to ensure that the PSHE curriculum is needs led.** PSHE has a high profile in school and is well led and managed. The curriculum was very carefully shaped following lockdown to ensure pupils received the additional SEMH support they needed. Pupil voice plays an important role in influencing the curriculum through the effective use of the My Health, My School survey data and the many opportunities pupils are given to share their voice. Pupils clearly enjoy their PSHE lessons and show a good understanding of the importance of the subject in helping them prepare for life beyond Westgate.
- **The opportunities to be physically active.** The school offers a range of after school clubs, some of which are targeted for specific pupils to ensure everyone gets a chance to participate in activities. Whilst the outdoor space is limited, it is put to very good use and there are exciting plans to develop a sensory garden. The Health and Wellbeing fortnight enables pupils to explore a range of different activities and creates good links to local clubs and external partners such as the Northern Ballet.
- **Pupils knowledge of healthy lifestyles.** The pupils spoken to have a very good understanding of the importance of healthy eating and being active. A lot of work has been carried out to encourage healthy food choices and pupils are very clear on food policies. The pupils understand that mental health is just as important as physical health and can identify the many opportunities staff provide to support their health and wellbeing.

Your Healthy Schools School status is valid for three years. During this period, we hope you will be able to share some of the excellent practices you showcased during the visit with other schools and colleagues from across the city.

Kind regards
Sheryll Carter
Healthy Schools Advisor