

The Camden and Islington Healthy School Festival Day was held in order to celebrate the achievements of the 29 schools currently involved.

Andi Stother and Azad Abdul are Camden and Islington's Healthy School Scheme project officers

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Festival Day

One of the most rewarding aspects of working for the Schools Health Education Unit (SHEU) is being able to get out and about across the country to work with teachers via our 'collecting good data' seminars. As part of this process we often come across examples of wonderful work that teachers and survey co-ordinators are involved in locally. As a practising teacher I always maintained that the best part of any course I went on was the opportunity it gave teachers to share their own stories and examples of good practice.

The following article is from two Camden & Islington Healthy Schools project officers who have been working with teachers in their local schools. The schools have used the SHEU's Health Related Behaviour Questionnaire to collect baseline data to prioritise their work. The day organised by Azad and Andi was designed to raise the profile of Healthy Schools, to act as a celebration of the work already started in the pilot schools and an opportunity to welcome new schools into the project. Angela Balding



The Camden and Islington Healthy School Scheme involves Camden Local Education Authority, CEA@Islington and Camden & Islington Health Promotion Service working together to support schools in becoming healthier places to work and learn.

The scheme is funded through a DfEE grant and the Camden and Islington Health Action Zone. 29 schools are currently involved in the scheme.

On July 5th 2000, 140 pupils and their teachers (from 11 schools) attended the Camden and Islington Healthy School Scheme Festival Day held at Corams Fields, London.

"Thank you for the opportunity to participate in so many interesting activities"

The Camden and Islington Healthy School Festival Day was held in order to celebrate the achievements of the pilot schools; welcome new schools to the scheme and give pupils the opportunity to experience a variety of activities.

The day consisted of a variety of health related activities and was particularly memorable, for many of the pupils, due to the appearance of a celebrity guest.

At lunch-time, we were joined by 'Rhino' from the popular TV programme 'Gladiators'. He spoke for a few minutes about the importance of being healthy, eating a balanced diet and having an active life-style, and finished his visit by signing autographs.

The mayors of Camden and Islington opened the Festival, which was attended by pupils and teachers from 11 primary, secondary and special schools across the two boroughs

"All in all a great day, the students were thrilled to meet Rhino which was an added bonus. Thank You"



"My best part of the day was meeting Rhino because he has such big muscles"

Children and adults took part in a selection of health-related workshops; activities, run by a range of professionals, included Turkish Dancing, First Aid, Deaf-Blind Communication and Circus Skills.

"When we were doing the Turkish dancing it made me feel all happy and warm"

"Sign language was my favourite part of the day because it is interesting to learn new things"

We hope that pupils and teachers went away from the day with a broad definition of what we mean by 'Health' and the idea that 'Health can be fun for everyone'.