



## Growing Healthy Schools

### Case Study: *The University Academy for Engineering South Bank*

#### Headlines

- *The Visionaries* launched the 'Growing Healthy Schools' programme in Autumn 2020 to help schools rebuild sustainably during and beyond Covid-19.
- In August 2020 a version of this programme was agreed and funded by The University Academy of Engineering South Bank (UAE), a London Secondary School operating as part of South Bank Academies Multi Academy Trust in Southwark. "*Southwark is an inner London borough located on the south of the river Thames. Poverty rates here are close to the London average, with 40% of children judged to be living in households in poverty.*"
- The first phase of this initiatory programme engaged 15 UAE school staff in a 'catalyst camp' that exposed school leaders to immersive nature connection practices and emergent community building processes. This camp was followed up with bespoke in-year support.

#### Immediate Impact Reported by School Staff

On immediate return from involvement in the 'catalyst camp' staff reported the following impacts:

- "*An experience that I will never forget, one that has been thought provoking and challenging, so it will challenge us all to be better, to do better.*" (Head of Department)
- "*I've grown, I've become vulnerable, I've loved, I've cried. I've learnt that there is self-care in nature.*" (Intervention Officer)
- "*I think I have, not just learnt a lot about myself, but a lot about others as well. I have become a lot more considerate about other peoples feelings...*" (Teacher)

## The intentions of the 'Growing Healthy Schools' programme

'Growing Healthy Schools' supports schools during and beyond COVID 19 by providing staff with;

1. Space for restoration and renewal - increasing motivation and reducing chances of burnout
2. Time to learn with colleagues regarding what's needed, personally and as a collective, to integrate healthily, into school life from September 2020 and throughout academic year
3. Experiences and training that help staff feel united and equipped to play an active part in stewarding their school community throughout the forthcoming academic year



## Outcomes for Staff and School Community

Since the catalyst camp the programme has been further incorporated at UAE and the following commitments have been made:

- All 95 members of school staff to experience a 'catalyst camp' by the end of 2021
- For all 95 members of staff to own the process of school community building
- School appraisal process re-evaluated to include goals for school culture change arising from the on-going experience of the 'Growing Healthy Schools' programme
- The Visionaries team offering further ongoing support of the appraisal process and goal setting
- Staff to begin implementing projects in school that build on impact of 'catalyst camp'
- Further staff training being offered including 'the way of council' as a democratic dialogic method
- A phased introduction to all staff into the Visionaries Ambassadors community
- The reforming of practices in school to be more generative e.g. rethinking approach to detention and form time etc.
- Training for staff to deliver sessions with pupils and other staff

*"I've learned to trust and to be open, and as an adult person to be vulnerable in a place and a way that is safe, and I think that I can take that and replicate that when I leave." (Teacher)*

To find out more about 'Growing Healthy Schools' please contact [max@thevisionaries.org.uk](mailto:max@thevisionaries.org.uk)