

Covid -19 A Case Study: Enhancing Wellbeing through Health & Physical Education

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Hornbill School (HS) is a UK Ministry of Defence (MOD) primary school (3-11 years of age) situated in Brunei Darussalam, Borneo. The school supports families of serving military and civilian personnel based in the British Forces Brunei (BFB) Garrison. Many parents are serving members of The Royal Gurkha Rifles; subsequently 85% of pupils are of Nepali background. HS is a maintained school, follows the National Curriculum of England and is isolated (7400 miles from London). It has high mobility due to the general movement of British Forces personnel; 45-60%. According to the report 'Kin & Country: Growing up as an armed forces child' multiple school moves leave children feeling unsettled and anxious about their learning. This priority need has been exacerbated by the present unprecedented Covid 19 pandemic, resulting in HS closure, remote learning taking place and then a return to school under strict social distancing regulations - bubbles of no larger than 15 pupils and 2 metres distancing. The HS Wellbeing initiative addresses children's wellbeing/mental health by increasing students' sense of belonging and optimizing children's wellbeing, using Health and Physical Education as a platform. This case study involves three elements:

1. Evaluating whole school curriculum, environment and partnerships – gaining UK Healthy Schools status and setting targets for improvement (Physical Activity, PSHE, Healthy Eating & SEMH).
2. Increasing students' sense of belonging, especially during school transitions.
3. Providing individualized assessments, early identification of wellbeing concerns and interventions (pupil voice, surveys and Boxall Profile).