



**Bishop Chadwick**  
Catholic Education Trust

**Press release**

**16th January 2023**

## **School's PE lessons for primary staff win award**

A South Tyneside primary school has won an award for improving the physical and mental health of the staff.

St Joseph's Catholic Primary School, which is part of Bishop Chadwick Catholic Education Trust, has been awarded the Better Health at Work Bronze Award.

Teacher Maureen McMillin, who is the BHAWA lead at the Jarrow primary school, started the process to "improve the lives of all of our staff" for a happier, healthier team.

From exercising with Joe Wicks via his Body Coach app to enjoying Fruity Friday, the staff members have participated in a range of activities over the last year aimed at improving their physical health and wellbeing. Other areas of focus included women's health, work-life balance, managing stress, cancer awareness and advice on quitting smoking.

"Taking part in the Better Health at Work Award has been a great opportunity to reflect on how we support and take care of each other," said Mrs McMillin.

"We have initiated many new events, such as Fruity Friday and book swaps, while signposting staff to colleagues for specific support. This support has come through staff at St Joseph's, as well as colleagues within our Trust.

"We now look forward to applying for and completing the silver award, with the added bonus of even better health for our community."

Headteacher Paul Craig said: "As a school community, we try to make sure we take care of each other. This includes our wonderful staff.

"It is fantastic that we have achieved the bronze award, which recognises the value we put on our colleagues.

"We are now extending this as the first 'Kindness Matters' school in South Tyneside. 'Kindness Matters' promotes an even more positive approach to life, both in school and at home. Our children and community are encouraged to reflect on how they have been kind, and how we can improve our 'kindness' in all aspects of our day.

Our 30-day Kindness Challenge will culminate in a 'Kindness Matters' week, including visits from John Magee, the UK Kindness Ambassador for Schools, and Rock Kidz, who will lead a programme around positive self-worth.”

**ENDS**

**Photo caption:** Staff at St Joseph’s Catholic Primary School, Jarrow have won a Better Health at Work award.

For more information, contact Sarah Dale on 07814 976582.