

## Press Release

15<sup>th</sup> March 2016



### Gold standard and first in class at Bethnal Green Academy

Staff and students at Bethnal Green Academy are celebrating after becoming the first secondary school in Tower Hamlets to be recognised with the Healthy Schools London Gold Award.

The award is an endorsement of the healthy habits that BGA has shaped throughout the school and wider community; promoting and supporting the health and well-being of its students and local young people.

Healthy Schools London has recognised BGA for implementing sustainable changes which have made a lasting impact on the school community. Students at BGA now have increased opportunities to be active both on their journey between school and home, and when they arrive, with an array of clubs and activities.

Two specific projects were developed; the first focused on physical activity and healthy eating to combat problems of obesity. The second project targeted students in Year 8 and explored the key attributes for happy, healthy relationships. As a result, 100% of those involved in project 1 improved their fitness levels and there was a 29% decrease in the number of incidents of name-calling and inappropriate language from project 2.

Healthy students are the key to happy and productive learning and the continued efforts of the Bethnal Green Academy team has ensured that students are encouraged to eat and move with self-motivation and pride. The summer term will see the Healthy relationships project delivered to our current Year 8s and the Healthy, Engaged and Active Lifestyles project (HEAL) is already underway this year. HEAL was introduced to help tackle and reduce obesity concerns. The project also offers support to parents.

Jennie Montgomerie, Deputy Principal of BGA commented: "We are delighted to be recognised for this fantastic achievement and many congratulations to all our students and staff. We are very much looking forward to attending the London Borough of Tower Hamlets celebration event on 4 July."

**ENDS**

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