

# Wiltshire Healthy Schools



## Case study focus: Hand washing

Core theme: The Whole School Approach

## Seend Church of England Primary School

### School context

Seend Church of England Primary School is a small church school with four mixed-aged classes. The majority of Seend's pupils come from the village and almost all the pupils are White British. The proportion of disabled pupils and those who have special educational needs is broadly average.

### Why choose this project?

All staff noticed that children were often coming out of the toilets without washing their hands and that they would often wipe their hands on their clothes when they had sneezed. A whole school questionnaire showed that 65% of children washed their hands after going to the toilet, 54% of children washed their hands before lunch and only 41% washed their hands after sneezing or blowing their nose.

### What did the school want to achieve?

- To increase the number of children always washing their hands after going to the toilet
- To increase the number of children always washing their hands before eating
- To increase the number of children always washing their hands after blowing their nose or sneezing

### What did the school do to achieve these aims?

Initial data was collected in July, with further data collected at various points including the following July. To launch the project, the Healthy Schools Coordinator led a whole school assembly on hand washing in September. From September, there was a school display promoting hand washing, including the bread experiment. Talks by Wessex Water took place in January and a whole school poster competition was launched in February. Hand washing demonstrations using a glow and show kit took place with a nurse in February.

Hand washing posters were displayed in the toilets, throughout the year, alongside ongoing circle time class chats. The school entered a Wiltshire 'naughty bug' design competition during October, which complemented the ongoing work. The focus on hand washing was communicated to parents through school displays and the school newsletter from November.

Staff monitored children when they came out of the toilets, which involved all staff at different times in the day.

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A group of 4 girls from Year 4 represented the school at the Melksham Cluster Science Day. The children took the glow and show kit and talked to other children about how germs can easily spread.

### Measuring success

After a year of work focussing on hand washing, the percentage of children washing their hands increased significantly. From the initial baseline and final questionnaires used in July it was found that the number of children washing their hands after going to the toilet increased from 65% to 95%; the number of children washing their hands before eating increased from 54% to 90%; the number of children washing their hands after sneezing or blowing their nose increased from 41% to 85%.

After this intervention, regular hand washing had become the norm at the school.

### Lessons learned

The constant encouragement and monitoring of hand washing by all staff contributed to the success of the intervention. Parents were on board, as they were shocked at the baseline assessment data that was displayed on the school notice board. A parent, who was a senior nurse, offered to come in and demonstrate how to wash hands correctly, using a big glow and show kit.

Although this project has ended, the school continue to keep this as a priority.