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Priory School is awarded Active Primary School accolade at Get Berkshire Active Awards

A Slough primary school pioneering healthy lifestyles for pupils, parents and staff, has come top in the Active Primary School category at the [Get Berkshire Active Awards 2017](#).

Staff from Priory School received their honour from sports presenter Tim Dellor at the award's official ceremony at the Hilton Hotel, Reading, last month.

[Get Berkshire Active](#) is the county sports partnership scheme, working in conjunction with [Sport England](#), to promote the benefits of sport and physical activity.

The local authority school, located in Orchard Avenue, stood out from its competition for its commendable effort in engaging students, parents and guardians and staff of all abilities to enjoy and take part in physical activity.

The primary school was also the first in the borough to successfully set up [The Daily Mile](#) campaign; which by September last year, saw every Priory School pupil running or walking one mile every day – including children with special needs.

In partnership with [Slough Borough Council](#) and Slough Public Health, the school's award-winning physical education programme further provides weekly, after-school, healthy lifestyle sessions for children as well as their parents, including 45 minutes of physical activity.

Additionally, they offer staff access to free bootcamps, yoga and running clubs.

While before, during lunch and after school, pupils can enjoy a wide range of activities including table tennis, gymnastics, boccia, dodgeball, street dance, basketball, netball and football. External experts visit monthly to run monthly 'masterclasses' in athletics, golf, gymnastics, cricket, dance and netball as well.

The school's diverse and comprehensive PE curriculum is a wonderful step in the right direction, considering Public Health's findings, which uncovered that two thirds of adults in Slough are overweight or obese, with 27.9% of adults doing no physical activity at all; compared to 22.3% nationally.

While, 40% of children aged 10 and 11 are overweight or obese, compared to 34% nationally.

Councillor Shabnum Sadiq, cabinet member for children and education, said: "I am so proud of all the students, staff and parents at Priory School. It is wonderful to see their fantastic work recognised by the awards.

“Priory School are setting an amazing example for Slough, paving the way for more schools to adopt a fun and diverse health and fitness regime.

“This achievement exemplifies our commitment to tackling obesity in the borough.”

Lee Molland, PE lead, Priory School, said: “On behalf of my team, we are absolutely delighted to win the award.

“I’d like to thank the Active Slough team at Slough Borough Council for recognising our work and nominating us and all of our wonderful partners for their hard work at our school.

“A huge thank you must also go to everyone who took the time to vote for us and all the amazing staff at Priory School, who continue to help and support our children to lead healthy, active lifestyles.”

This month, the council’s public health team, in partnership with the Slough Wellbeing Board, is looking to further build upon leading examples, such as Priory School, launching #BeRealistic, a social media campaign to encourage residents to eat more healthily and get more active.

Extreme diets and tough fitness plans can sometimes put people off making changes altogether, but the #BeRealistic campaign is about taking small steps now for a healthier you in the future.

If you would like help or advice in getting your school more active, Priory School are more than happy to help other schools in the borough. For details, contact: lee.molland@prioryschool.com.