

Wednesday 15th May, 2024

WEEKLY UPDATE ALL SCHOOLS



Mental Health Awareness Week - 13th to 19th May

Theme: Movement - moving more for your mental health.

Monday marked the start of Mental Awareness week . Every May, we bring the UK together to tackle stigma and share ways to support good mental health in every community around the country.

The theme of the week this year is Movement: moving more for our mental health.

Moving more is great for our mental health and can increase our energy, reduce stress and anxiety, and boost our self-esteem. But so many of us struggle to move enough.

We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines.

CLICK BELOW FOR FURTHER INFORMATION ON:

**Mental Health
Awareness**

**Moments for
Movement**



Are you ready for National Smile Month?

Our smile is one of our best assets, that's why it's important to give it the best care possible.

During 13th May - 13th June, the Healthy Teeth, Happy Smiles! team is supporting the Oral Health Foundations 'National Smile Month' campaign with the aim to improve the oral health of children in the city. This year's campaign will run under the theme "Love Your Smile" LINKS BELOW

ACTIVITY PACK

LIVE WELL SOCIAL MEDIA TOOLKIT



School Games Inclusive Health Check

Have you completed your Inclusive Health Check? You must complete your Inclusive Health Check before starting your School Games Mark application.

The Inclusive Health Check can not only support the assessment of a school's inclusion in PE and afterschool activities, but also provides an action plan opportunity to increase the inclusivity of the school within the academic year. Please access this via your School Games Dashboard - <https://www.yourschoolgames.com/app/> Well done to the following schools who have already completed this:

Catherine Junior School / Wyvern Primary School / Uplands Junior School / Sandfield Close Primary/ Leicester High School for Girls / Oaklands School / Shaftesbury Junior School / Woodstock Primary School & Eyres Monsell Primary School



@InspireTogether @InspireTogeth3r @InspireTogeth3r @InspireTogether

[Click here for previous updates](#) inspiretogether@crownhills.leicester.sch.uk 0116 249 1032

Wednesday 15th May, 2024

WEEKLY UPDATE

PRIMARY AGE GROUPS



This Girl Can Festival Year 5 & 6 - Thursday 23rd May

Last Chance to book a Place!! Closing Date Tuesday 21st May

Last places available for a full day's 'This Girl Can Festival' on Thursday 23rd May at Leicestershire Tennis and Squash Club. The all-day event is for up to 15 girls from each school who have been involved in a girls-only group in schools. The event will involve the girls trying lots of different sports activities throughout the day. The event spaces will be allocated on a first-come-first-serve basis.

Please email Jen Gadsby jgadsby@crownhills.leicester.sch.uk for more information or to sign up.



“Girls who believe in themselves can achieve anything.”



Walk to School Week Challenge?

20th to 24th May 2024

“Join the fun rain or shine”



[click here for support link from Living Streets](#)



@InspireTogether



@InspireTogeth3r



@InspireTogeth3r



@InspireTogether



[Click here for previous updates](#)



inspiretogether@crownhills.leicester.sch.uk



0116 249 1032

WEEKLY UPDATE

SECONDARY AGE GROUPS



Changing Lifestyles Residential Camp

Come and join us for 5 days of Fun activities:

- Go karting
- Horse Riding
- Fitness Challenges
- Canoeing
- And much much more

It is targeted at young people who are struggling to maintain a healthy weight.

- Date: 22nd July to 26th July 2024
- Age: 11 to 16 year old boys & girls
- The camp is for 5 days, accommodation in Cabins
- Location: John Lee Wood Scout campsite in Markfield LE67 9PS
- Price: £50 which includes all the activities, meals, travel etc

To book your Place please contact Hazel Shaw
07951627334

www.shawcontrol.com

hazel@shawcontrol.com

To view a video of the Changing Lifestyle Camp.

[PLEASE CLICK HERE](#)

£50

Changing Lifestyle

RESIDENTIAL CAMP

22ND JULY - 26TH JULY

The camp is for 11-16 year old boys and girls. Let us help you take control of your health and discover your inner strength. Take the first step towards a healthier you.

Come and join us for 5 days of fun activities.

- Go-Karting
- Horse Riding
- Fitness Challenges
- Canoeing
- And much much more!!

Get Active Get Healthy

Positive Changes Increase self-esteem

Book Your Place Now!

Contact Us: Hazel Shaw
07951627334
www.shawcontrol.com
hazel@shawcontrol.com

SHAW - Control
Specialising in Weight Management

SHAW Control™

ENGLAND RUGBY SECONDARY SCHOOLS COURSE

Each year England rugby schools provides coaching opportunities for members of staff of schools in membership of the England rugby schools, England colleges or England students.

This non-assessed course is aimed at teachers new to delivering contact rugby, or those looking for a refresher. It will help you understand how to safely and effectively coach and referee non-contact to contact including the scrum and tackle and how to utilise a fun, game zone/skill zone-based approach with activities suitable for all your students.

- All Courses run 0900-1600 and are FREE
- For bookings [PLEASE CLICK HERE](#) where there are a number of courses running throughout the next couple of months



@InspireTogether



@InspireTogeth3r



@InspireTogeth3r



@InspireTogether



[Click here for previous updates](#)



inspiretogether@crownhills.leicester.sch.uk



0116 249 1032