

Wednesday 31st January, 2024

# WEEKLY UPDATE

## ALL SCHOOLS



### Inspire Together Proudly Announces,

### Childrens Mental Health Week 5th - 11th February

During Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say - and believe - "My Voice Matters". [PLEASE CLICK HERE](#) for website link

## #LET GIRLS PLAY

### **Have you signed up for the Biggest Ever Football Session?**

Registration for the biggest ever football session is now open and we're encouraging all schools in Leicester to sign up and take part! As part of the Leicester, Leicestershire & Rutland Barclays Girls' School Football Partnership Network we are celebrating Girls' Football Week from **Monday 4th March** and we want to play our part in Leicester to help make this the biggest ever football session across the country!

- **What is the Biggest Ever Football Session?**

On Friday 8th March 2024, the Biggest Ever Football Session is back and what an incredible way to celebrate International Women's Day at your school.

- **What's the aim?**

To get as many girls as possible all playing football on the same day in schools across England. Can you help us beat last year's total of 285,000 girls taking part?

- **What time should our session run on the 8th March?**

Before school, break time, lunchtime or after school, you decide!

- **What should our session look like?**

There are loads of free resources available to bring your session to life, but the important part is having loads of fun!



**So don't wait, sign your school up today to join the movement and access the great resources!! Head to the Barclays Girls Football School Partnership website here.**

## FIZZ FREE FEBRUARY

### **Are you ready for Fizz Free February?**

Starting on 1st February, Leicester City Council is encouraging everyone in Leicester to go Fizz Free for February. Launched in 2018, Fizz Free February is a great way to reduce your sugar intake by cutting out fizzy drinks. By going fizz free for all of February, it can help you on your way to drinking less sugary drinks for the rest of the year too!

### **The hard truth about fizzy drinks:**

- You could save £580 a year if you stopped drinking one 500ml bottle of fizzy drink, per day for a year.
- Drinking just one 330ml can of fizzy drink a day could add up to over 6kg weight gain per year.
- Tooth decay is the leading cause for hospitalisation among 0-19 year olds in the UK, with over 26,000 children being hospitalised each year due to tooth decay.

### **What it means for Leicester:**

- 38.4% of children aged 10-11 years are overweight or obese. Which is slightly higher than the national rate.
- 37.8% of 5-year-olds in Leicester had one or more teeth that were decayed to dentinal level, extracted or filled because of caries, higher than the national rate of 23.3%.

### **Get involved:**

The Healthy Teeth, Happy Smiles team have created an activity pack and a social media toolkit to help you engage young children and share messages throughout Leicester. You can get involved by:

- **Downloading the activity pack (attached or from the HealthyTeeth, HappySmiles Website)** - help engage children to understand the impacts of fizzy drinks.
- **Using the Social Media toolkit and assets created** - help spread the message far and wide to. Don't forget to use #gofizzfree on any messages shared on social media. The Healthy Teeth, Happy Smiles team will also be sharing messages on the Live Well Leicester social media channels  
**(Live Well Leicester | Facebook & Live Well Leicester (@LiveWellLeics) / Twitter).**



**Save money, lose weight and keep your teeth! #gofizzfree this February**



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# WEEKLY UPDATE PRIMARY AGE GROUPS



## Me in Mind - Supporting Emotional Literacy

We are pleased to be delivering our 'Me in Mind' programme to several schools this half term. Me in Mind is an intervention programme supporting emotional literacy in primary aged children, either pupil premium or recognised as vulnerable by the school. Learners will investigate their own thoughts and feelings, learn techniques to better manage their emotions and understand how to be happier and calmer more often. We have created a video to give schools an insight into what the programme entails/who it is aimed at.



To watch the video [PLEASE CLICK HERE](#)

## Let children play outside

With the rise in issues such as behaviour, emotional regulation, gaps in physical development and pupils' engagement with learning; the [Well School Programme](#) has been revisiting the evidence on adventurous play and being outdoors. They are seeing a growing number of children entering primary school without the physical competencies to move and be active, but most importantly this is stopping them from accessing learning; including issues with speech and language, reading and writing. If children don't have the necessary physical competence to move and spend limited time outdoors, they cannot be effective learners. And yet, children spend less time outdoors and playing than ever before.

[CLICK ON THE PICTURE](#) to read the 'Adventurous Play in Britain' research findings.



## KS2 Leicester City Parallel (SEND) Sportshall Athletics Competition

Event Date: Friday 16th February, 09.30am - 2.30pm

Venue: Crown Hills Community College

Team Size: Maximum of 8 pupils - This event is for KS2 pupils that are on your SEND register

Deadline for entries is Friday 9th February - Please email your entry to Tom - [tlemmon@crownhills.leicester.sch.uk](mailto:tlemmon@crownhills.leicester.sch.uk)



## Mental Health Week! 5-11th February 2024

The organisation offer FREE support links for you to deliver awareness of Mental Health, to your school. The link attached ([PLEASE CLICK HERE](#)) provides the resources on everything you need to know, in order to positively educate young children ages 4-11.



**For further enquires please contact: Places2Be's  
Telephone: 020 7923 5500  
Email: [hello@childrensmentalhealthweek.org.uk](mailto:hello@childrensmentalhealthweek.org.uk)**



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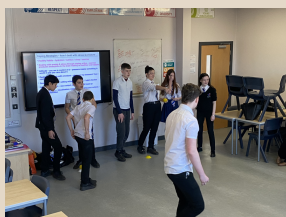
## SECONDARY AGE GROUPS



### Active In Mind

#### **Active in Mind Athlete mentor programme delivered at Lancaster Academy!**

Last week saw the first Active In Mind programme start at Lancaster Academy. The School welcomed Yasmin Clarke, a former British Junior number 1 ranked player as well as being a current professional coach on the LTA tour and a commentator for EuroSport and the BBC. The programme sees a group of students become peer mentors to a nurture group within school, helping them to settle in school and deal with low level stress and anxiety. Having received a days training from Yasmin including coaching and techniques to manage stress the student mentors will now deliver a 6 week programme of lunch clubs to support the nurture group further. Yasmin will then return to host a celebration event with the students involved. For more information on the programme and how you can be involved contact Pete for more info



### NEW SHOWCASE EVENT

#Don't forget to secure your place on our NEW SHOWCASE EVENT: #LetGirlsPlay Football Leadership CPD Conference on Tuesday 12th March#

Please email Jen to confirm your place [jgadsby@crownhills.leicester.sch.uk](mailto:jgadsby@crownhills.leicester.sch.uk)

### Opening School Facilities funding

#### **Applications now open for the third year of the programme**

Active Together has been awarded a portion of the national Opening School Facilities (OSF) fund to help schools in Leicester City, Leicestershire and Rutland (LLR) to open their facilities.

The aim is to help schools to open their existing sport facilities, including school swimming pools, to a broader range of young people and to support the wider community by partnering with sporting organisations, who can help deliver activities in these settings.

The three-year investment will ensure that local solutions are sought collaboratively that identify long-term changes in behaviour, leading to more people being active in areas that need it the most. Active Together are able to support schools in maximising the use of their facilities - helping connect to local partners and explore opportunities to overcome barriers to increasing the use of school sports facilities.

#### **Eligibility criteria:**

- Swimming activities can be delivered both during the school day, before and after school, evenings, weekends and holidays
- Activities can be delivered in holidays, in conjunction with HAF and other programmes, but must target new participants
- Needs to be a new or additional activity to what is already taking place
- All eligible items for expenditure, must be paid for first and then claimed in arrears
- All schools must agree to take part in a national evaluation of the programme



#### **Funding periods:**

**Year 3 Apr 24 - Mar 25 (please forward your expression of interest by Fri 1st March 2024)**

**For further information on the funding, [PLEASE CLICK HERE](#)**



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