

Wednesday 7th February, 2024

# WEEKLY UPDATE

## ALL SCHOOLS



### **Children's Mental Health Week**

Children's mental health week is this week and we have been working across the region to support our schools in helping young people to manage their own mental health. Our Me in Mind, Active in Mind, Boys Move and This Girl Can programmes all help to support young people in using physical activity as a tool to support positive mental health. For a range of resources around the week [PLEASE CLICK HERE](#) or for information on Inspire Together [PLEASE CLICK HERE](#)

Invite disabled individuals and groups to:

### **THE DISABILITY GAMES 2024**

To be held at Ratcliffe College, LE7 4SG

Sunday 7th April 2024

Register by Tues 13th February

No Minimum or maximum age to enter (under 16's need a completed consent form)

Events include:- Archery, Basketball Shooting, Boccia, Darts, Kurling, Swimming, Table Tennis, Weightlifting and Wheelchair Racing

[For more information, including rules and entry forms, please click here](#)



### **LTA Tennis Programmes and free resources**



The LTA are promoting their updated resources and formats.

Alongside the established Primary Skills Festival, Year 3&4 Red Ball, Year 5&6 Orange Ball, Secondary Inclusive Red Ball and Wheelchair Tennis, is the Secondary Red Ball event. We've worked with the YST to create the Secondary Red Ball event that is flexible based on the facilities and time available, and by using a red ball on smaller courts it is accessible for all students. The formats were co-designed with young people and students can be involved further by selecting the specific activities and the values to be rewarded. The resources for the Secondary Red Ball event are available [here](#).

For all of the LTA free competition and leadership resources for schools [PLEASE CLICK HERE](#)

**It's FizzFree February**

**#gofizzfree**

**Live Well LEICESTER**

**[CLICK HERE](#) for further information on how you could help your school.**

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# WEEKLY UPDATE PRIMARY AGE GROUPS



## East Area Schools Table Tennis Finals

On Saturday 3rd February the East Area Table Tennis finals took place at Leicester Grammar School. Avenue Primary School Boys team who had won the West Leicester City competition and the county finals, made it through representing Leicestershire. On the day, 5 boys from Avenue Primary School represented the school and the county superbly. The competition was very tough with schools competing from Bedfordshire, Essex, Hertfordshire and Nottinghamshire. The boys showed great teamwork, resilience and determination throughout the day and overall finishing in 4th place. A huge well done for getting to this stage of the competition, a fantastic achievement!



## Children's Mental Health Week



This week is Children's Mental Health Week, we offer a variety of programmes to support to support children's mental health, including Me in Mind.

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](#)

Click the image on the right to read an Inspire Story from the Me in Mind programme.

## Highlights of the Week

Its fantastic to see so many schools engaging in our events this week. Including, the Primary Basketball league, the Primary Football league and its been great to see Schools taking part in Children's Mental Health Week.



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# WEEKLY UPDATE

## SECONDARY AGE GROUPS



### Young People Networking Event

Tuesday 20th Feb at the Kingpower Stadium Filbert Way · [Leicester](#)  
· LE2 7FL, the event will be aimed at young people ages 14 to 18. Sharing information with young people about the opportunities available to them in coaching, refereeing and off-pitch volunteer roles. Leicestershire and Rutland County FA will be hosting an event for 14 to 18 year old's who are interested in learning more about the opportunities open to them in football. If you would like to learn more about how to get into coaching, come along and reserve your place today  
[PLEASE CLICK HERE](#) - it is free to attend!



### Leicester School Cricket Association

John Weitzel (Leics Schools Cricket Association) is also currently taking entries for the ESCA U15 T20 Cricket competition. Any schools who have not yet entered and wish to do so can contact John directly: [weitzelj2@gmail.com](mailto:weitzelj2@gmail.com)



### Whistlers refereeing course delivered at Lancaster Academy

14 young leaders from Lancaster Academy have taken part in an FA backed Whistlers programme. The leadership training course means the young people involved will become voluntary referees in the Primary Schools leagues ran across the City by Inspire Together.

Austin Akroyd Primary School Football league officer said, 'These courses are fantastic for the young people involved who can learn important skills and use these on the pitch. It is also great for the young people who play in the primary leagues as they have teenage role models working alongside them. It makes the experience a richer one for all involved and it helps with the running of the league to have a large group of referees to call upon'.

Expect to see these young leaders at primary school football in the future!

click the image on the right to read an Inspire story from last year about 2 students who took part in the Whistlers course.



### 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)



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