

Wednesday, 29th November 2023

WEEKLY UPDATE

ALL SCHOOLS



Well Schools – Join the Movement!



What is a Well School?

The Well School Movement is on a mission to develop the happiest, healthiest schools in the world!

A 'Well School' places just as much emphasis on health and wellbeing as it does on academic performance. It understands that children and young people are more effective learners when they are happy and healthy, and that they must take care of their staff and their pupils' wellbeing to create a culture that allows everyone to reach their potential.

[REGISTER HERE](#) to find everything you need to develop a Well School or a Well School Trust approach. There is content from schools, Trusts, organisations and partners all in one place.

Using Sport for Long-term Health - article

Children and young people aren't as active as they should be, or indeed as active as they used to be. The UK's Chief Medical Officers recommends that all children and young people should be physically active for at least 60 minutes each day. However, at present less than half are meeting this ambition. An increase in screen time, the ongoing effects of COVID, the cost-of-living crisis and the erosion of unsupervised play have all played a part in this decrease.

At the same time, children are seeing a rise in long-term health conditions earlier in life with children as young as five years-old with type 2 diabetes and morbidly obese, conditions that could cause cancer and dementia earlier in life.

Vicci Wells from the Youth Sport Trust discusses the importance of broadening the curriculum and enrichment offer within schools and emphasises the need to measure health and wellbeing.

Please click on the image opposite to read the article.



Girls' and mixed football clubs looking for junior female players

Club	Location	Post-code	Contact name	Contact email	Website
Iannis FC	Braunstone Park, The Grove	LE3 1QZ	Mihai Sandu	iannisfc2016@yahoo.com	Facebook - IannisFC
Anstey Nomads FC	Cropston Rd, Anstey	LE7 7BP	Ryan Bromyard	coach@ansteynomads.com	www.ansteynomads.com
Stoneygate Lions FC	Judgemeadow Community College	LE5 6HP	Tim O' Donovan	stoneygate_lions@hotmail.com	www.stoneygatelionsfc.com
GNG Juniors FC	Soar Valley College Riverside, Braunstone Ln East	LE4 7GY LE3 2WF	Manis Kalia	manishkalia@hotmail.com	www.gngfc.com
Groby Juniors FC	Brookvale Groby Campus	LE6 0FP	Leigh Watts	secretarygrobyjuniors@hotmail.com	www.grobyjuniors.co.uk
Leicester United FC	Oakfield Park, Blaby	LE8 4FE	Scott Moore	admin@celsports.co.uk	www.pitchero.com/clubs/leicesterunitedfootballclub

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PRIMARY AGE GROUPS



FREE Primary PE CPD Course

The course is designed to support the professional development of teachers and trainee teachers who deliver physical education. The course aims to develop confidence and competence to plan and teach high-quality PE lessons.

It's very much a practical course and will give you loads of fresh ideas to take into your PE lessons.

Course: Primary PE Teachers CPD

Date: Tuesday 6th February 2024

Time: 9am-2pm

Venue: Uppingham School Sports Centre, Leicester Road, Uppingham, Rutland, LE15 9SD

The course is led by England Football Learning tutors who will help develop knowledge, understanding and application of:

Module 1 - Holistic Development

Module 2 - Learning through Games

Module 3 - High-quality Teaching and Learning in PE

Module 4 - Mapping a PE Curriculum

Upon completion, you will receive a digital certificate.

If you would like to attend this course or send another member of staff from your school who is involved in PE delivery, please register [HERE](#) via the FA website.



The National School Games Santa Dash is Back for 2023!!

The School Games National Santa Dash returns for another fun-filled day of festive fun! The 2023 Santa Dash will take place on Friday 08 December. Can we smash last year's total of close to 80,000 young people taking part Nationally?

As in previous years, the Santa Dash is all about having fun whilst being active. Schools can choose the distance that best suits their pupils and can take part at any time during that day. By taking part in the same event on the same day, the hope is that schools and pupils will feel that they are part of a big event - put the date in the diary!

More information coming soon!!



Make your Advent Active with our daily challenges!

Click on the image to access the full resources on our website.

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SECONDARY AGE GROUPS



Unleash Your Drive

A funded golf programme supporting mental health in secondary schools

The Golf Foundation have recently introduced a programme 'Unleash your Drive'. Our ambition is to help change the face of mental wellbeing in schools, using golf as the mechanism to support this. Our new initiative 'Unleash Your Drive' supports schools to introduce golf to pupils whilst teaching life changing mental toughness tools. Unleash your Drive supports young people to learn life skills helping to develop greater confidence, commitment, ability to cope with challenge and control. The programme has been found to develop mental toughness in young people by 20%. [More info can be found here.](#)

The Golf Foundation and Active Together have teamed up to bring to Secondary Schools across the county the 'Leicestershire Road To The Open' Project.

We are looking to offer the project to 10 Secondary Schools who:

- **Are looking at ways to improve mental health and wellbeing amongst pupils - and being able to measure the impact**
- **Are committed to delivering golf to pupils**
- **Are committed to learning about and delivering the Unleash Your Drive programme to pupils.**

Further information can be found below.

Active Together have a support package available worth over £1000 per school which includes:

- Training: 1-hour online Unleash Your Drive Mental Toughness Tools and Coaching Techniques
- Training: 2-hour Golfway Activators Workshop which includes how to deliver the Unleash Your Drive Mental Toughness Tools
- Resources: Unleash Your Drive Participants' Playbooks and completion certificates for each pupil, online Coaches hub and Coaches Digital Playbook
- Impact: Links to pre and post self-assessment questions so the impact can be measured. Individual and group report sent to the school following the delivery.
- Equipment: Receive a funded [Golfway Secondary School Premium Equipment Bag](#)
- "The Leicestershire Secondary Schools Open": Festival and competition taking place at Beedles Lake GC in June/July 2024 (date to be confirmed), helping to inspire sustained participation utilising the iconic Golf Open Championship 2024 as a catalyst.

If you would like to proceed with the project, [please complete an initial project registration with the Golf Foundation using this link](#) The service level agreement (SLA) and initial online training will follow.

If you would be interested to take part in this exciting project, we would welcome you to initially join a Project On-Boarding virtual call using the link below:

[Tuesday 5th December 2023 @ 3.45-4.15pm](#)



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