

INSPIRE TOGETHER EASTER NEWSLETTER



**INSPIRE
TOGETHER**



A healthier, happier, future generation

VISION AND VALUES

OUR VISION

that every young person enjoys being active so they have the long-term benefits of a healthy, happy lifestyle.

OUR MISSION

to provide health, wellbeing and physical activity opportunities to inspire the young people of Leicester and give them the knowledge they need to lead a healthier, happier future.

INSPIRE

To encourage future generations to participate in and learn through sport, physical activity and healthy opportunities, promoting physical, social and emotional wellbeing.

DEVELOP

To target inequalities, giving all young people the opportunity to learn and develop their physical skills and character, building self-belief, determination and resilience.

EXCEL

To provide young people with opportunities they can aspire towards, equipping them with the skills and knowledge needed to achieve success and be the best they can be.

COLLABORATE

Working within a professional network to maximise physical activity wellbeing opportunities for children and young people, through shared expertise and best practice.

Supporting the community and families, enabling them to create a positive environment for children and young people to be active, healthy and happy.

ENJOY

Fun is at the heart of everything we do. We know positive experiences make sport, physical activity & wellbeing opportunities enjoyable for young people, enabling them to develop a lifelong positive attitude towards health & wellbeing and a determination to achieve.

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HIGH QUALITY EVENTS & COMPETITION

DANCE & GYMNASTICS

This half term has seen the return of our ever popular gymnastics competition. We held an East and West Leicester Competition at New College. We're amazed each year of the standard and were so impressed with each age group at each event. From vault to balance beam and floor the children took the competition in their stride.

We also held a Leicester City Dance Competition. This years theme was 'a day at the musicals'. We had a variety of different musicals including revolting children from Matilda. It was super hard for the A level students from St Paul's Catholic School to make a decision on the winner. But, in the end it was Avenue Primary School with their amazing performance of Hairspray which came out on top!





HEALTH AND WELLBEING

FESTIVALS

This half-term we have ran 5 Health and Wellbeing Festivals for schools across Leicester. During these festivals we have engaged nearly 500 children. These festivals are aimed at children who perhaps struggle with their weight, are disengaged from sport, have anxiety & mental health challenges or have special educational needs or a disability and need the chance to thrive in a smaller group.

They took part in a range of activities including healthy food tasting, taking part in physical activity and discussing their feelings and emotions. A lot of the children who attend these events are often nervous and slightly unsure of what to expect. Our hope is that they take away some new skills, pass them on to their families and make positive changes to their lifestyle.



DEVELOPING YOUNG LEADERS

YEAR 6 LEADERS

We couldn't successfully run our Inspire Together events without the help of our Young Leaders. They help to ensure everything runs smoothly and that the young people participating get the best possible experience. This year we committed to utilise the skills of our Primary Leaders to support the younger pupils. Each of our member school's are given a resource pack in order to train their Key Stage 2 children to be leaders.

This half term sees Sandfield Close Primary School taking the next step in their leadership journey. They have already practised the Disney Shooting Stars programme on Year 2s at their school and we felt they were ready to lead at our 'Girls Biggest Football event Ever'. We had 120 Year 4 girls attend and these Year 6 leaders helped to successfully run the event!





INCLUSION

GIRLS BIGGEST FOOTBALL EVENT EVER

The FA Girls Biggest football event ever is a national event. From Northumberland to Cornwall, sessions took place all over the country to signify the importance of unlocking equal opportunities for girls to play football in their schools and communities. This year over 285,000 girls took part nationwide. We were responsible for about 250 girls who attended our events.

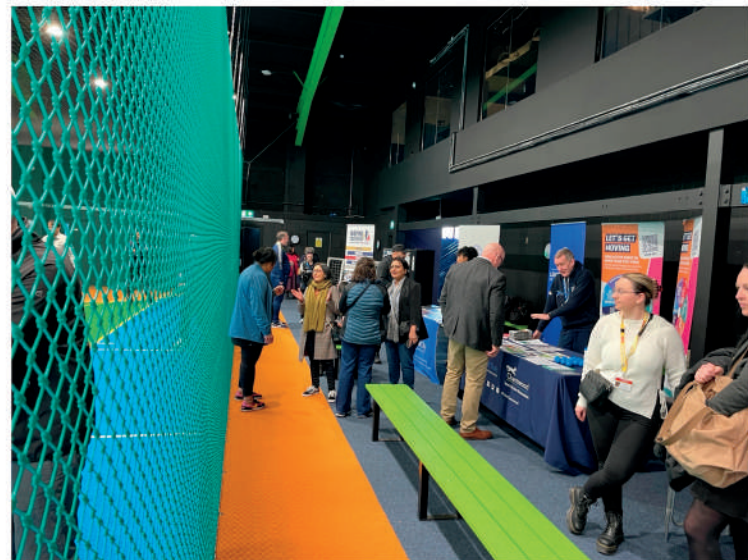
It's safe to say the girls left the event feeling truly inspired. The event also coincided with International Women's Day. We made a video to celebrate this, to watch it visit our YouTube channel @InspireTogether or scan the QR code!





COMMUNITY EVENT

This half term we attended the active communities event at What A Goal Leicester, this event was a chance for community members to meet a range of providers and community groups who offer sport and physical activity sessions for adults. We took part in walking, Cricket and walking Football sessions and were able to share advice and guidance on Health and Wellbeing to the attendees on the day.



COMING UP

Holiday Activities and Food Programme

This Easter holiday Inspire Together are running 2 Holiday Activity and Food Camp's. For the first time, we are running a secondary camp aimed at ages 12-15.

These camps run at Crown Hills Community College and allow young people who are eligible for free school meals to attend a camp where they get a paid for meal every day.



Department
for Education



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