

# INSPIRE TOGETHER SUMMER 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

## ATHLETICS

This term was full of athletics events. We enjoyed East and West Leicester Primary Athletic Excel competitions. The children took part in different events including long jump, howler, track events and relay races. It was fantastic to see pupils and staff enjoying the day. We got to see lots of fabulous team work with schools cheering each other on.

Our Excel competitions provide opportunities for young people who aspire towards further progression and success in sport and physical activity; either as an individual or as part of a team, through competition structures, talent pathways and performance programmes. Teams who qualified from these events will go onto QuadKids and then potentially onto the County finals.



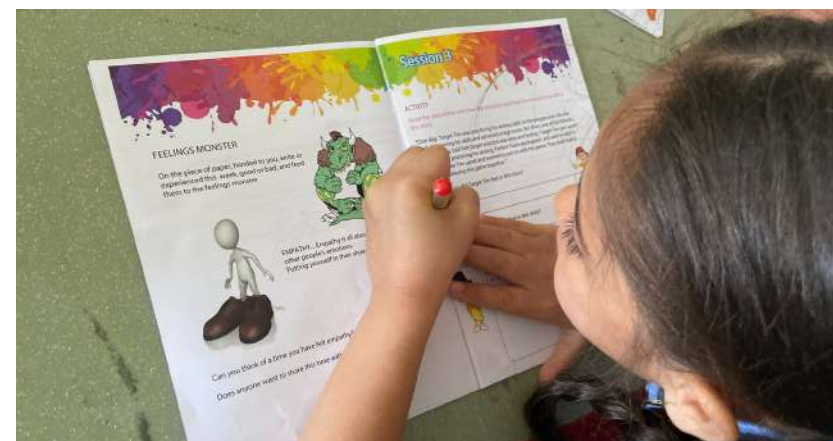
# HEALTH AND WELLBEING

## NEW PROGRAMME ME IN MIND

Me in Mind is a NEW programme created all about Emotional Literacy and working with vulnerable primary aged school children. With the constant evolution in schools, this programme aims to put the children at the heart of what we are delivering. Emotional literacy is a key part of developing inside and outside of the classroom.

There is a demand for emotional literacy support in schools as the number of children needing this support is increasing. We want to support schools by working with the member of staff in the role of supporting these children, by giving them a programme and long-term framework to reach their needs.

This half term we are working on a pilot with Stokes Wood Primary school. The teachers are providing invaluable advice and feedback. So far sessions have included discussions around feelings and empathy. Hands on activities have included the feelings monster, putting yourself in someone else's shoes, emotional roller coasters and play dough faces. We will be rolling the programme out to all our member schools in September.



# DEVELOPING YOUNG LEADERS

## FESTIVAL LED BY YEAR 6

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. We were super impressed with the Year 6 leaders from Stokes Wood who led a Year 4 Health and Wellbeing festival this half term.

Before the festival they had a training session with our coaches who ran through all the different activities. They learnt how to lead archery sessions, boxercise, healthy eating games and our smoothie bike. The leaders really came out of their shells and we were impressed with their confidence. The Year 4s had a great time!





# INCLUSION

## PARALLEL ATHLETICS

Our Inclusion Development Officer is specifically responsible for the Inspire2 group, which consists of 11 special schools in Leicestershire. Through their Inspire2 membership, the special schools have access to appropriate programmes and events giving their pupils positive experiences of physical activity and the opportunity to be physically active.

One of these events is the Leicestershire & Rutland Primary Parallel Outdoor Athletics Championships. We ran this event this half term with the Leicestershire Disability Athletics Development Group. SEND children of all abilities had the opportunity to take part in track races and field events. The smiles on their faces were infectious and this event was so beneficial to their confidence.





# COMMUNITY FAMILY FUN FESTIVAL

This half term we ran our first ever 'Family Fun Festival'. The aim was to get different sports and health and wellbeing providers at CHCC so families could take part in taster sessions. If they like what they tried they could then find club links. We had providers from Leicester City, Leicester Tigers, Leicester Riders, Centre for Ethnic Health, Public Health and much more!

We are pleased to say that the event was very successful, we had nearly 500 people attend throughout the day! It was fantastic to see so many families trying something new. One parent, who had made the trip especially from Loughborough, said "What a fantastic event! It was lovely for the community to be together and it was so thoughtful to be provided water and fruit. My children got to try some great activities".



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