

# INSPIRE TOGETHER AUTUMN 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

## POKEMON CUP

We kicked things off this academic year with our Pokemon cup qualifiers! We had 6 boys teams competing in the morning and then 60 girls competing in the afternoon! After the success of the Lionesses it is fantastic to see so many girls involved and inspired to play sport.

These teams had the opportunity to play several different matches against other schools. There was a great atmosphere, especially as it was the first event back the children were excited to play football. There was great sportsmanship on show which was great to see. This event gave the children a taster for this years Primary Football League. Congratulations to the qualifying teams, Beaumont Lodge girls and St John Fisher Boys, who will go on to play in the county finals.



# HEALTH AND WELLBEING

## 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.

Last half term we ran a very successful pilot at Stokes Wood Primary School. To watch the case study video please click [here](#). This half term, we are launching it to all schools. We have already started delivery of the programme for the 23/24 academic year. If you would like to book onto a block of sessions for your school please email [pthorpe@crownhills.leicester.sch.uk](mailto:pthorpe@crownhills.leicester.sch.uk)

The first session is all about recognising different emotions. The children have to guess emotions in their resource booklet based on different sets of eyes. They then have to make a face out of play dough and their partner has to guess what emotion it is showing.





# DEVELOPING YOUNG LEADERS

## KEY STAGE 1 FESTIVAL

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. Last 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 Rolleston who led an Infant Multi Skills 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 'the floor is lava' game, parachute, balloon balancing game and target practice. The leaders really came out of their shells and we were impressed with their confidence. The Year 1s and 2s had a great time!





# INCLUSION

## THIS GIRL CAN

Previously known as 'Mini Whispa', 'This Girl Can' is a girls only initiative designed to build confidence, communication and self esteem through physical activity and resources. This club supports girls readiness for the challenging move up to secondary school. This Girl can is an emotional literacy programme aimed at Year 5 and 6 girls.

This programme has been revitalised for this academic year. Each girl will receive their own pack of resources detailing the 10 week sessions. Sessions include themes around confidence, self esteem, social media, communication, physical activity and transition. We have already started sessions this half term at Slater Primary School. It is fantastic to see the girls thriving in the girls only, small group, environment.





# COMMUNITY

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## HAF CAMPS

This Summer Inspire Together ran 2 weeks of Holiday Activity and Food Camps for children aged 5-12. These camps ran at Crown Hills Community College and allowed young people who are eligible for free school meals to attend a camp where they get a paid for meal every day.

As well as this they get to take part in lots of different activities, from gymnastics to Women's World Cup! They also enjoyed making displays to do with different World Cup countries. They took part in different Health and Wellbeing activities by studying different food plates and making rainbow salad! These young people come back to the camps year after year and are inspired to join sports clubs after trying so many different sports throughout the week.



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