

# INSPIRE TOGETHER FEBRUARY 23/24 NEWSLETTER

## SECONDARY AGE GROUPS



**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

## BADMINTON

Spring Term 1 has seen the local Team Leicestershire Badminton competitions take place across Leicester. We have been impressed with the skills and sportsmanship demonstrated by all the schools taking part. In some of the Key Stage 3 fixtures it was some of the students first time competitively playing badminton. Although they were nervous to start with they soon found their stride and all had a fantastic time.



Congratulations to the winners of the East and West competitions.

West:

KS3 Girls- Brook Mead

KS3 Boys: Brook Mead

KS4 Girls- Castle Mead

KS4 Boys- Babington

East:

KS3 Girls- Rushey Mead

KS3 Boys- Avanti Fields

KS4 Girls- Crown Hills

KS4 Boys- Soar Valley



# Boys move HEALTH AND WELBEING

Using sport & physical activity as a tool to engage and develop vulnerable students

## A 6-week programme is included in your Inspire Together Membership

Already 7 of our member schools have benefited from the programme having a lasting positive impact on 150 previously disengaged students. [These students are now managing their school day in a more positive way.](#)

**We are now planning programmes for the summer term - BOOK NOW!**

Designed to improve understanding across the school of the challenges boys face as they transition through secondary school.

A professional development programme designed to equip educators with the principles of how to use sport and play to address the mental health and well-being issues of adolescent boys.

Designed to improve mental health and well-being of the target group.

Designed to get boys engaged through the power of PE and sport Hopefully getting them back into class without causing disruption.

Targeted at secondary school boys with behavioural or mental health issues.



Email:

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to see what impact the programme could have on your school and to book your sessions.





# INCLUSION

## THIS GIRL CAN

Previously known as '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 for the challenging transition into secondary school life. This Girl Can is an emotional literacy programme aimed at Year 7 and 8 girls. This programme has been revitalised for this academic year. Each girl will receive their own pack of resources, to track their progress across the weekly sessions.

Sessions include themes around confidence, self esteem, social media, communication, physical activity and transition. For the second half of the session they get to choose different sports that they would like to try. Our coach then brings in the relevant equipment in order for them to try something new. We have already started sessions this half term with a group of Year 7s at Leicester High School for girls. It is fantastic to see the girls thriving in the small group environment.

If you would like to book your school onto this programme, please email: [inspiretogether@crownhills.leicester.sch.uk](mailto:inspiretogether@crownhills.leicester.sch.uk)



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# DEVELOPING YOUNG LEADERS

## SUPPORTING PRIMARY EVENTS

We couldn't successfully run our Inspire Together events without the help of our fantastic Young Leaders. They help to ensure everything runs smoothly and that the young people participating get the best possible experience. This half-term, leaders from New College Leicester have been supporting us, including our New Age Kurling SEND event. Beacuse of their great performance these leaders have also been selected to support at the County Finals at the Paralympic festival in April!

The New College Leaders engaged really well with the primary school pupils, being great role models for the participants. The leaders took a lot of valuable skills away from the experience themselves, developing their communication skills and confidence, relishing the chance to share their passion for physical activity with the primary school children.







# COMMUNITY

## WINTER HAF CAMP

This winter Inspire Together ran a Holiday Activity and Food Camp for children aged 5-16. 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 dance to quizzes! They also enjoyed making 'winter creations' like snowflakes and paper chains. They took part in different Health and Wellbeing activities by studying different food plates.

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. Nearly 60 free school meal eligible children attended the camp over the week, each receiving lunch on every one of the five days.

A pupil with Autism Spectrum Disorder attended each day of the camp, it was important to his Mum that he could attend along with his two siblings. A specialist member of staff was employed and activities were adapted to ensure that he could join in with everything that his brothers and the other children were doing. His Mum was thrilled that he had one-to-one support throughout the week which gave her confidence that he received the care and attention that he needed to thrive at the camp.

At the end of the Inspire Together HAF Camp parents and carers were invited to join their children at Crown Hills Community College for a celebration of their week with a presentation of certificates and gifts for all participants. The children were also recognised for showing great effort, values & friendship at the camp.





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