

# INSPIRE TOGETHER EASTER 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

## FUTSAL

Spring Term 2 has seen the local Team Leicestershire Futsal 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 futsal. 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- Crown Hills

KS3 Boys- Avanti Fields

KS4 Girls- Crown Hills

KS4 Boys- Soar Valley





# HEALTH AND WELBEING

## ACTIVE IN MIND AT CROWN HILLS

Active in Mind is an exciting programme that sees a group of students become mental health mentors for a nurture group of young students in school. An Athlete mentor is assigned by the Youth Sport Trust and comes along for a day to train the mentors and oversee their first session with the nurture group.

Once this training is complete the mentors will hold a once weekly session with the nurture group to check in with them and provide sports opportunities and a safe place to chat about their week. The training helps to give young people a toolkit to manage their Mental Health in school and feel safer and happier while at school. This programme was delivered at Crown Hills Community College, where former Junior British number one tennis player and now Eurosport Commentator on Tennis, Yasmin Clarke, joined us to train a group of mentors. The mentors then worked with a nurture group to provide sessions and support these younger students to feel more comfortable at school.

The mentors loved the experience and were able to use this to further develop their leadership skills and confidence. The nurture group enjoyed the sessions and were more confident as a result of taking part. Finally Yasmin, the Athlete mentor, will return for a celebration event to showcase the progress made by all students involved.







# INCLUSION

## GIRLS FOOTBALL CONFERENCE

During Spring Term 2 we ran a girls football leadership conference at the Morningside Arena alongside the Youth Sport Trust (YST). It was great to see so much interest from Secondary schools, with 9 schools signed up to attend the event.

Scan the QR code to watch the day!

Throughout the conference the girls will rotate round different activities. They started the day by listening to a keynote speech by Jenna from the YST. In the morning they took part in different workshops which were delivered by the ambassadors from the Youth Sport Trust. During lunch time they took part in some of the #LLRGirlsFootballWeek challenges and then took part in more workshops including a 'Go Teach Refresher'. They also developed an action plan for back in school which shows how they are going to implement what they have learnt.





# 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 Primary Gymnastics events.

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.





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