

# INSPIRE TOGETHER WINTER NEWSLETTER



**INSPIRE  
TOGETHER**   
A healthier, happier, future generation

# VISION AND VALUES

## OUR MISSION

*Our mission is 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.*

## OUR VISION

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

## 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, enforcing 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 and wellbeing opportunities for children and young people, through shared expertise and best practice.*

## ENJOY

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

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

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# HIGH QUALITY EVENTS & COMPETITION

## SPORTSHALL ATHLETICS

Our annual East and West Leicester Sportshall Athletics competition is always a hit with the young people! The event always has such a fantastic atmosphere. The Year 7 and 8 pupils took part in field events including; soft javelin, speed bounce, standing long jump and standing triple jump. They also enjoyed being cheered on by their teammates during the track events. They enjoyed the obstacles and relay races.





# HEALTH AND WELLBEING

## BOYS MOVE

This half term we have started to deliver our Boys Move programme to secondary schools. Boys Move is targeted at secondary school boys with behavioural or mental health issues. It is designed to get boys engaged through the power of PE and sport and hopefully getting them back into class without causing disruption.

It is also a professional development opportunity as it is designed to equip educators with the principles of how to use sport and play to address the mental health and wellbeing issues of adolescent boys.

Our health and Wellbeing Coach Aaron has been in to several secondary schools across the city and he is really impressed with all the students and the progress they are making. Many of the Boys look to be making positive steps towards leadership roles within the school. If you would like to sign up to a Boys Moves programme please get in touch with Shirley [sharrison@crownhills.leicester.sch.uk](mailto:sharrison@crownhills.leicester.sch.uk)



# DEVELOPING YOUNG LEADERS

As Crown Hills Community College work with British Fencing we were able to get some of our Inspire Together staff trained in order to deliver fencing events to young people from across Leicester City. As well as this, the College have invested in getting their students trained to deliver fencing sessions too! Therefore, the Crown Hills students made fantastic leaders at our first ever fencing events! We were particularly impressed with a Crown Hills Year 8 leader at our event. Although he loved fencing and had a passion for the sport he was fairly new to leadership and this was one of the first events he had got to lead on.

From the offset he was confident and approachable. He welcomed each group of children and made them feel comfortable if they hadn't tried fencing before. He was personable and even got the primary school staff joining in too! All staff praised him for his leadership skills.

As you walked around the room you could hear the laughter and enjoyment coming from whichever group he was with, his personality was infectious. Not only was he confident but also understood that this session was helping to develop his skills. When asked at the end of the day what he enjoyed about being a sports leader he said "Being a sports leader today has helped to develop my communication skills and has given me a goal for the future". "I'd love to work in sport!" he said.

Considering this young leader hadn't delivered many sessions to young people before, he did a fantastic job! We are so pleased that our leadership programme allows young people the chance to thrive. Giving our young leaders opportunities like this hopefully sparks their enthusiasm for sport and perhaps helps to form aspirations for the future.



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# INCLUSION

## DISABILITY SPORTSHALL ATHLETICS

This half term we have ran 2 Disability Sportshall Athletics competitions in collaboration with Leicestershire Disability Athletics Development Group. The first event was at Crown Hills Community College and saw Key Stage 3 students taking part. The second was at Soar Valley Leisure Centre and saw Key Stage 4 and 5 students partaking.

Every young person who attended had a go at an event. From obstacle courses to standing long jump, javelin and speed bounce. Each and every young person who attended tried their best and it was lovely to see the smiles on their faces as they jumped, ran or threw the ball.

Congratulations to Maplewell Hall School! The winners of our Key Stage 3 Disability Sportshall Athletics Championships.

Congratulations to Maplewell Hall School! The winners of our Key Stage 4/5 Disability Sportshall Athletics Championships.





# COMMUNITY PARENTAL GATHERING

Once a month Crown Hills Community College invite all their parents into school for a Parental Gathering. Each session has a different topic to give parents a real insight into school life. Not only this, but to help them improve their home life with their children.

This month, we have collaborated and provided parents with a Health and Wellbeing session. The main focus was Active Travel and the importance of walking to work and school wherever you can.

Each parent took away a booklet which detailed lots of different things which can help to improve their families overall well being. Including, sleep, mindfulness, teeth brushing and the importance of their children getting at least 60 minutes of exercise a day.

The session went so well and the parents were keen to learn about local groups and exercise opportunities. Therefore, next month we will be collaborating again and running a 'walk and talk' session. Parents will take their coffees and get on the move, again encouraging them to do the same with their families and embedding the importance of exercise.

If you run parent sessions and would like to see if we can support with them please contact [jgadsby@crownhills.leicester.sch.uk](mailto:jgadsby@crownhills.leicester.sch.uk)



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