

# 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 5 and 6 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.

One school who was new to this competition was Slater Primary School. They impressed our staff and leaders by following the School Games values. Especially in one of the track races when we were extremely impressed with their honesty. One of their pupils forgot to do the obstacles on her second lap, instead of carrying on she was honest and went back and started again, even though it cost her the race! Such good sportsmanship on show and as a result they were our 'Spirit of the games' winners! A big congratulations to our West Leicester winners Marriott Primary school and our East Leicester winners St John Fisher Primary School.





# HEALTH AND WELLBEING

## OUR PROGRAMMES

Our sessions are important for specially selected children as they will directly help them with their health and wellbeing. This may be physical, mental, lifestyle, emotional and more. These children are often, but not always, the children who do not take part in the sports teams. These sessions help to build their confidence, give them new opportunities outside of lessons, engage kids in physical activity, as well as teaching them important lessons and skills to help improve themselves and give them tools for the future to maintain good mental and physical health.

One of the programmes we have started this half term is Balanceability. This programme is targeted towards Foundation/Year 1 children who struggle with spatial awareness, core strength, fine and gross motor skills. Useful for children who may not otherwise get the opportunity to learn to ride a bike. Combines unique ergonomic balance bikes with a schedule of fun activities that build confidence, spatial awareness and dynamic balance skills.

Another programme we have started this half term is Specialised Fundamentals. Targeted towards Foundation/ Year 1 children who struggle with fundamental movement, fine motor skills, co-ordination and core strength. Designed to help the growing numbers of children whose delayed physical development is a real barrier, to listening and appropriate behaviour. Designed to improve physical development by using hands on techniques in small groups to ensure children have careful, individual attention.

TO BOOK ONTO ONE OF OUR PROGRAMMES PLEASE EMAIL SHIRLEY  
[sharrison@crownhills.leicester.sch.uk](mailto:sharrison@crownhills.leicester.sch.uk)



# DEVELOPING YOUNG LEADERS

## YEAR 6 LEADERS



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. Each of our member school's are given a virtual resource pack in order to train their Key Stage 2 children to be leaders.

This half term sees another Primary School taking the next step in their leadership journey. Sandfield Close Primary School Year 4s are taking part in the Disney Shooting Stars Programme. Instead of one of our Inspire Together coaches going in to deliver the block of sessions we trained their Year 6's so they were able to deliver the programme to the younger ones! We were so impressed with how well they listened and took the information on. We can't wait to see photos when they start delivering!

If your school is interested in your Year 6 Primary Leaders supporting one of our festivals or events, please contact Charlotte - [cspencer@crownhills.leicester.sch.uk](mailto:cspencer@crownhills.leicester.sch.uk).





# INCLUSION

## KURLING & BOCCIA

Our inclusion team are responsible for supporting mainstream and special schools to tackle inequalities through our SEND programmes. This targeted work is vital to support the health and wellbeing of our most disadvantaged young people. 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.

This half term Stokes Wood Primary School, Nether Hall School, Ashmount School and Birch Wood School all took part in our inclusion Bocce and Kurling event. These children have a variety of SEND needs and it's fantastic to see them so engaged in the activities. They enjoyed trying something new and got a real thrill out of rolling the ball and stones along the floor.





# 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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