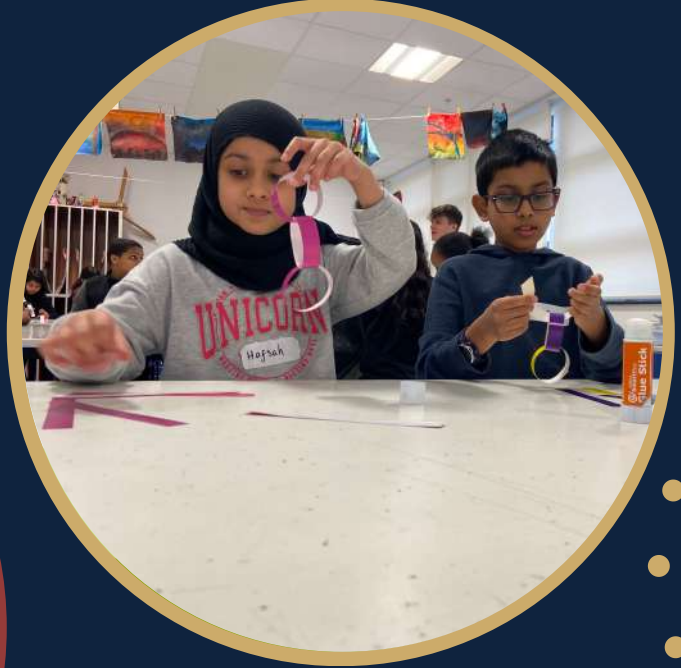


INSPIRE TOGETHER FEBRUARY NEWSLETTER



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

HIGH QUALITY EVENTS & COMPETITION

BASKETBALL LEAGUE

This half term has seen the launch of our basketball competition. We have seen teams from East and West Leicester compete in several pools. We've been really impressed by the standard of play and the sportsmanship which pupils have demonstrated through their games.

We couldn't have ran this league without the help of the sports leaders who have officiated matches. The all girl leaders from Orchard Mead Academy were fantastic roles models for the young people playing. Our Sixth Form leaders from English Martys have blown us away with their professionalism.

A big congratulations to the teams who will be going to the East and West Basketball finals:

EAST LEICESTER CITY

Merrydale
Rushey Mead
Kestrel Mead
Bridge 'A'
Hope Hamilton A
Linden

WEST LEICESTER CITY

Avenue 'A'
Granby
Eyres monsell
Baumont Lodge 'A'
St John the Baptist
Parks A





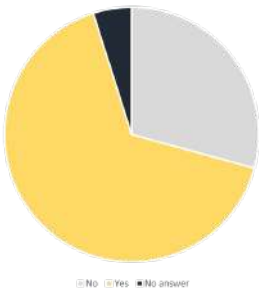
HEALTH AND WELLBEING

SURVEY RESULTS

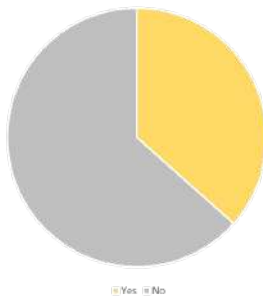
We recently sent out a survey to all the PE Leads and Headteachers that we work with regarding their current health and well being provision. We wanted to make sure the work we are doing is relevant and the programmes we are developing are what schools want and need.

Some of the results can be seen below.

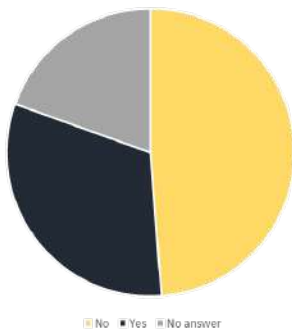
Do you currently have a Health and Wellbeing lead at your school?



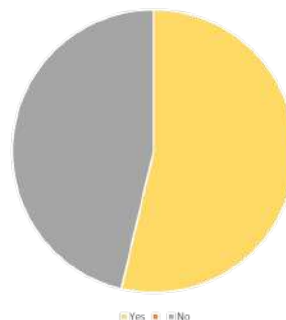
Do you currently deliver regular Health and Wellbeing sessions to targeted groups of children at your school?



Have your Lunchtime Supervisors received any Active Playground training, or deliver active play sessions during break/lunchtimes?



Are you interested in support/training for your lunchtime supervisors?



From the survey, we found schools were really keen on using lunchtime supervisors to get children more active and tackle weight management, wellbeing and inactivity. Inspire Together is aware that the training and support for lunchtime supervisors has been neglected over the past 3 years but we are now looking at creating resources and training for lunchtime supervisors to equip them with the skills and resources to deliver active lunchtimes based around the SPARX and Energise programmes.

All schools are expected to have a Health and Wellbeing lead by 2025. Although this data suggests Leicester City schools are on the way to having this lead in place, less than 50% of schools are delivering interventions aimed at children struggling with their health and wellbeing. We hope to support schools in developing effective health and wellbeing leads and equip them with the skills and resources through SPARX and Energise in order to deliver interventions to targeted groups of children.

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 2s 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! During this half term, the leaders had their first session with the year 2s. They gave clear instructions and made the session safe and fun for the younger ones to enjoy. After the session they reflected on what they could do better next week.

The girls have already started saying things like, "being a sports leader has really helped my confidence", "I can't wait to pass on my love of sport to the younger ones!"

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.





INCLUSION

KS2 COUNTY PARALLEL SPORTSHALL ATHLETICS

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 schools took part in the Key Stage 2 County Parallel Sportshall Athletics Competition. There were some fantastic skills on show from all the children who attended. A big congratulations to Burbage Juniors who won this round and will go on to compete at the county finals.





COMMUNITY

HAF CAMP & PARENTAL GATHERING

This winter Inspire Together ran a Holiday Activity and Food Camp 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 treasure hunts! 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 and making smoothies! 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.



Our Health and Well being Coach, Aaron, attended the Crown Hills parent gathering this half term. He educated parents on the importance of exercise and the benefits it can have on their families. They measured their resting heart rate and then went on a 'walk and talk'. After doing some gentle exercise they measured their heart rate again to see the impact.

If your school would like support with parent sessions, please get in touch!

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