

INSPIRE TOGETHER AUTUMN NEWSLETTER



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.

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



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HIGH QUALITY EVENTS & COMPETITION

CROSS COUNTRY

Cross Country is one of our biggest events of the year as it sees nearly 1000 young people taking part. At the end of September we held our first Cross Country event of this year and we were so impressed with the resilience & determination of the children. They cheered each other on and encouraged one another to keep going.

It was the year 3's first cross country experience and it was great to see them enjoying taking part and wanting to improve for next time. Some of the older children showed real spirit on the longer course, which really challenged the resilience of many who found the course a challenge. We look forward to seeing everyone again at the next cross country event in December.





HEALTH AND WELLBEING

FESTIVALS

This half-term we have ran 5 Health and Wellbeing Festivals for schools across the Leicester. During these festivals we have engaged nearly 500 children. These festivals are aimed at children who perhaps struggle with their weight, are disengaged from sport, have anxiety & mental health challenges or have Special educational Needs or a disability and need the chance to thrive in a smaller group.

They took part in a range of activities including healthy food tasting, taking part in physical activity and discussing their feelings and emotions. A lot of the children who attend these events are often nervous and slightly unsure of what to expect. Our hope is that they take away some new skills, pass them on to their families and make positive changes to their lifestyle.



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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.

We were so impressed with all of the photos and videos that Rolleston primary school has sent us of their Year 6 leaders in action at school that we asked them to host our Key Stage 1 Health and Wellbeing festival. The day before the festival our coaches went into school and trained the leaders on each activity station, making sure that they were confident in what they were doing before the big day. On Festival Day they had 6 schools attending and each leader took on a different activity. We were blown away by the positive attitude they brought to the day and how well they spoke to the younger children to ensure that everyone got involved.

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

GIRLS FOOTBALL DEVELOPMENT EVENT

After the lionesses won the Euros there is a real buzz around girls' football! Our girls' football event saw 150 girls from across the city take part. They practiced their skills and played friendly matches against other schools to refine their teamwork and matchplay techniques.

These girls are all part of the primary football league this year, so our development events help them to prepare for the upcoming fixtures. It's fantastic to see such demand for girls' football and how inspired they are to play. They left this event with such a buzz from having such a positive sporting experience and looking forward to taking their skills to the next fixture.





COMMUNITY

HAF CAMPS

This summer we ran two Holiday Activity and Food camps for children aged 8-12. These camps ran at Taylor Road and Crown Hills and allowed young people who are eligible for free school meals to attend a camp where they get a free meal every day, funded through the programme.

During the camps they have the opportunity to take part in lots of different sports activities from gymnastics to orienteering! They also enjoyed making Commonwealth Games themed crafts. 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.

A student with autism attended the Crown Hills camp throughout the week. To support his participation the team adapted activities to suit his needs, and spent additional time to ensure that he understood what each activity entailed. His mum couldn't believe how well he'd got on throughout the week and how much he had enjoyed it. She said: "It was so nice to see my son settle in so well, because of his condition (Autism) I worry he will not be understood well by others, but your team have worked fantastically with him".



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