Dear Colleague,

As we approach another busy half term we look forward to the many sports days across the county and to our own full Summer Games programme. We also look forward to a period of great promise for PE & School Sport but with the impending General Election also some uncertainty. Certainly School Sport with its links to Physical and Mental Health and Wellbeing has never enjoyed such a high profile and we expect Primary PE & Sport Premium to be continued if not increased. It also looks likely that there will be some money for facilities and for work around Families and Physical Activity. I will keep you updated here when we have more definite information. Enjoy a sunny and active half term.

As we approach our Summer Term, we have a number of events that we’d like to tell you about. We’ve included a brief news round-up for Multi Schools Council and Inclusive Leadership Event and look forward to receiving your early feedback on the随附的调查问卷.

Summer Term 2

Essex Spring Games
Since our last Bulletin young people across the county have continued to impress at numerous sporting events. The Cross Country team and individual events saw over 750 participants compete over two days on the course set at the beautiful Hadleigh Park. The school games values of Passion, Determination and Self-belief were in abundance at both events and we would like to congratulate all that took part.

HADLEIGH PARK
For more information on activities for schools at Hadleigh Park visit: http://hadleigh-park.co.uk/

Panathlon have continued to deliver a great number of events across the county for our Special School, resulting in the following success;

The Beacon Hill team which won through the Essex Panathlon Boccia competitions for Lords Taverners, finished 3rd

Keeping Dance Alive 2017
The first mass participation performance of ‘Bard to Bollywood’ took place at Western Homes Stadium, home of Colchester United FC on Saturday 6th May. 460 young people including primary and secondary schools and community dance groups performed this powerful piece as part of our 2017 Keeping Dance Alive Programme.

Congratulations to all involved. The performance was extremely well received by supporter, players and family members.

The next performance will be at Essex County Cricket ground on Tuesday 4th July for more information on KDA please visit: https://www.activeessex.org/resource/keeping-dance-alive-application-form/

Inclusive Leadership Event
31 young people from Primary and Secondary schools attended our recent inclusive leadership event. The training day was held at the Stanway Federation Learning Centre in Colchester and was once again a huge success.

The students attending are part of the Multi Schools Council and will be supporting delivery of the Special School Games 2017 on 6th July at Basildon Sporting Village.

Students took part in workshop sessions covering ‘what makes a good leader?’ and differentiation of activities using STEP principles. And also enjoyed sport specific sessions including: Zone Basketball, Handball, Athletics and New Age Kurling

All participants stated that their leadership knowledge and confidence was improved as a result of the training and also that they have a much greater understanding of people with disabilities or special needs and how they can work with them through physical activity and sport.

For more information on Special School games view the 2016 film at: https://www.activeessex.org/resource/special-school-games-2015/
Or for Multi-Schools Council News: http://www.multischoolscouncil.org.uk/

Essex School Sport Strategy Group.
This group are formulated to bring together a range of partners who have knowledge and influence over PE & School Sport in Essex.

Members are drawn from:
- Schools Heads and department Leads.
- ActiveEssex
- Essex County Council.
- Youth Sport Trust
- Association for Physical Education.
- National Governing Bodies.

At present the body is working to formulate a Charter for Physical Education for Greater Essex with a view to launching this in early October 2017. This Charter will help the group to act as advocates for PE & School Sport, ensuring access to quality provision for all young people across the County and opening up the possibility of attracting funding and opportunities.

Future Bulletins will feature elements of agenda and minutes enabling other colleagues to input to discussions.

Multi Schools Council
The latest meeting of the Multi Schools Council was held at Shorefields School Clacton on 19th May. This group draws from 20 schools across the north-east of the county comes together to break down prejudice between Special and Mainstream schools and promote opportunity.

The main outcomes of the meeting were decisions to concentrate upon;
- Stopping Bullying
- Internet Safety
- Giving young people more of a voice

Kierran Pearce who started the initiative will be seconded one day per week next year to focus on extending the initiative.

Information on how your school can get involved will be advertised in future Bulletins.

June 2017

Issue 13
### PE Teaching & Learning event
**Wednesday 21st June 2017**
**William De Ferrers School**

William de Ferrers, Active Essex and the Youth Sport Trust have collaborated to bring together a Mini Conference for Secondary Teachers on the 21st June. The event will be free to attend. It will start at 2.30pm and will end at 6pm, covering a range of workshop and active sessions. Please contact brian.shaw@essex.gov.uk or fengelbrecht@wdf.school for more details and to register your attendance.

### Youth Mental Health First Aid

**Mental Health First Aid England** is continuing to offer secondary school staff the opportunity to attend a one day Youth MHFA Schools course at no cost! Launched in Easter 2017, the courses will be delivered as part of the government funded initiative announced at the start of the year. Youth MHFA for Schools and Colleges covers key topics around young people’s mental health and wellbeing, with a strong practical focus on how to support young people experiencing mental distress.

- What is mental health and mental ill health?
- Stigma and discrimination
- The five steps of Mental Health First Aid
- How to spot symptoms of mental health issues such as depression, anxiety, eating disorders and psychosis
- Suicide
- Self-harm
- Non judgmental listening skills

Email schools@mhfaengland.org to book a place or to host a course.

### Badminton Racket Pack

The Racket Pack is a primary aged focused initiative designed to deliver fun and engaging skill based sessions, ensuring a positive first experience of badminton. The programme is designed to teach children the correct badminton skills regardless of whether they are in a school, club or leisure centre environment. This means The Racket Pack can be delivered within curriculum time, meeting national curriculum requirements, as well as in extracurricular or the children’s own time. Children will be able to follow their development through The Racket Pack award scheme, collecting certificates as they complete each stage until they can become a member of The Racket Pack.

Further information can be found at: [www.badmintonengland.co.uk/RacketPack](http://www.badmintonengland.co.uk/RacketPack)

Teacher training opportunities will be provide during the autumn term.

### Essex Daily Mile

Over the course of this academic year we have had information in regards to almost 100 schools across the county that are now participating in the Daily Mile or equivalent activity. Before we begin any further evaluation work we would like to ensure that we have captured every school involved. If you are already participating (and haven’t let us know) or would be interested in introducing the Daily Mile to your school please contact: [Dawn.catley@activeessex.org](mailto:Dawn.catley@activeessex.org)

[https://www.activeessex.org/resource/daily-mile-programme-information-2016/](https://www.activeessex.org/resource/daily-mile-programme-information-2016/)

### Dates & Upcoming Events

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Please visit the link below for the full Essex School Games Calendar: [http://www.activeessex.org/programme-landing/?wpwprogramme=school-games](http://www.activeessex.org/programme-landing/?wpwprogramme=school-games)

### Early Movers Course

We are hosting another Early Movers training course in partnership with the British Heart Foundation. The training is designed to help early years practitioners extend the physical activity opportunities available to the under 5’s in their care. This half day (3½ hours) course is ideal for anyone working in an early years or school setting who provides care to children from birth up to the age of five.

**NEW DATE**

**Thursday 22 June (12.30pm-4pm)** in Chelmsford (Venue TBC)

**Cost:** £35 per participant

For more information and to book your place please visit: [https://www.activeessex.org/training-courses-list/](https://www.activeessex.org/training-courses-list/)

### KS1 Physical Education & Activity Mark

Don’t forget to apply for your KS1 Activity Mark here:
[https://www.activeessex.org/resource/ks1-award-apply/](https://www.activeessex.org/resource/ks1-award-apply/)