Active Essex School Sport & Physical Activity Bulletin

“As the County Sports Partnership, Active Essex is the commissioner for School Sport. As such it is responsible through funding provided by Sport England and Essex County Council, to provide support for schools throughout Greater Essex in relation to the effective spend and the resultant impact of the delivery of High Quality PE & School Sport and of the Primary Sport premium.

This and subsequent bulletins, along with the pages at [www.ActiveEssex.org](http://www.ActiveEssex.org), outline support and opportunities that are provided by Active Essex.”

Dear Colleagues,

Following Brian Shaw’s retirement and our organisational re-structure at Active Essex, I would like to formally introduce myself as the Active Essex, Strategic Lead for Children & Young People. Having been part of the Active Essex Education and Skills team for the last 4 years and with a wealth of experience working with children and young people across the education, sport, health and leisure industries I look forward to working with you all.

Dawn Catley; Strategic Lead Children & Young People

Active Essex: Changing 1 Million Lives – Increasing Physical Activity, Improving the Health & Wellbeing of Children & Young People in Greater Essex

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**Active Lives Survey**

Active Essex is working with schools across Greater Essex to roll out the new Active Lives: Children and Young People survey. This will be a world-leading approach to gathering data on how children engage with sport and physical activity. This will give anyone working with children aged 5-16 key insight to help understand children’s attitudes and behaviours around sport and activity.

85 Schools have been randomly selected by Sport England to undertake the survey during the Summer term 2018. With financial incentives available directly from Sport England for participation with survey completion.

Look out for our flyers, e-mails and social media for more information – if your school is one of those chosen, make sure you don’t miss out! For a full list of Summer term selected schools and more information visit:


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**We’re asking all of Essex to commit to getting active for the entire month of June 2018.**

It’s year one of the campaign, which we hope to establish as an annual activity campaign to help raise vital funds for and awareness of the Active Essex Foundation. We also want to get Essex more active and to take the calorie counting, chore and elitism out of fitness and sport.

**Why schools?**

#3030Essex is for EVERYONE but it’s particularly important that children and young people enjoy physical activity in order to form positive habits for life. It is for this reason that we are keeping this campaign really simple. **This is about 30 minutes of physical activity, for 30 days, your way.**

**Get involved!**

**VISIT:** [http://www.3030essex.com/](http://www.3030essex.com/)

**June is a busy month but there are lots of suggestions here for ways to get your staff, class or whole school active.**

After an exciting, action packed month why not celebrate your achievements with a ‘Finale Friday’ activity for Friday 29th June. This could be a whole school assembly ‘wake and shake’; perhaps there are some keen choreographers in the school who’d like to lead a workout or we’ll be providing some downloadable materials for all schools to share, including workouts.

Share images on social media, tagging in your County Council, District Council and our #3030Essex hashtags who are all in on the fun.

There’s more information coming soon, including exciting news about our ambassadors, which include Dr Zoe Williams and gold medal gymnast Max Whitlock MBE.
Health & safety update;
Each week we receive many questions and enquiries about Health and Safety in PE & School Sport. I would urge all colleagues to visit www.afpe.org.uk/physical-education/health-safety-faqs-downloads/.
On this site you will find all of the recent H&S missives and an excellent frequently asked questions page

Can Do is a volunteering programme for young disabled people in Essex, open to young disabled people aged from 10 to 35 years old who have a long term health condition or disability, including physical, visual or hearing impairments, mental health conditions and learning disabilities like dyslexia and dyspraxia.

Can Do is about feeling part of the local community, learning new skills, having fun, growing in confidence and making friends. Can Doers who complete 16 hours of Volunteering can achieve a City and Guilds qualification.

The next Can Do project in Essex is ‘Chelmsford Community Spirit’ and it’s open to anyone anywhere in Essex who is able to join us in Chelmsford.

For more information visit: https://www.leonardcheshire.org/support-and-information/life-and-work-skills/can-do
Or contact: cando@leonardcheshire.org

**DATES & UPCOMING EVENTS/CPD**

School Games Events 2018
19 April Cross Country Team Hadleigh Park
20 April Cross Country (Individual)
24 April Tag Rugby Southend Rugby Club
17 May Archery Allen Court
4 June TRI Golf Little Channels Golf Club
13 June Quick Sticks Hockey Chelmer Park

Basildon Sporting Village are once again hosts to our two largest multi-sport events: Essex Special School Games, Monday 11 June & Essex Summer Games on: Thursday 28 June

**Swim Safe** will be coming to Harwich this summer for its first year of delivery. Swim Safe is a water safety programme aimed at delivering water safety messaging and providing young people with an experience of applying skills learned in indoor swimming lessons to an outdoors water environment. (www.swimsafe.org.uk).

The delivery dates for Harwich are as follows: 27th June – 25th August
You may have an interest in this area either as RNLI, Swim England or RLSS representatives, local leisure operators, CSP’s or DWP volunteer engagement officers.

To get involved please contact: Charlotte Francis, charlotte.francis@swimming.org
www.swimsafe.org.uk