Celebrating success following the Active Essex Spring School Games

School children from across the county are celebrating success following wins at the Active Essex Spring School Games in March. Over 1,000 children and young people took part in the games which were held over two days at Southend Tennis and Leisure Centre and Southend Rugby Club. Pupils from primary and secondary schools across Essex were cheered on by special guest, Steve Brown, Team Captain of the 2012 GB Wheelchair Rugby Team, as they competed in Sportshall Athletics and Tag Rugby and took part in Inclusive Tennis and Volleyball festivals.

Each day started with an opening ceremony that included poems and speeches read by competitors at Bournes Green and Lee Chapel Primary School and a dance performance from pupils at Chase High School.

Cllr Ray Gooding, Essex County Council’s Cabinet Member with responsibility for Sport and Physical Activity, said: “Every child that took part demonstrated real talent and dedication and reinforced our determination and commitment to ensuring opportunities to pursue sport and physical activity are available to all school children in Essex.”

Mike Frost, Sportshall Athletics Development Officer, said: “It’s fantastic that so many children and young people in Essex were inspired to take part in the Active Essex Spring School Games. I’d like to offer special congratulations to the Young Leaders from Southend High School for Girls who did a particularly good job, encouraging those taking part as well as inspiring everyone watching.”

Lively Lives Competition

The competition will address the issue of sedentary lifestyles and will promote the importance of physical activity to maintain or improve health.

Maltings Academy Latest Essex School to gain the Association for Physical Education Quality Mark

Congratulations to Maltings on gaining his prestigious award. Sue Wilkinson, Chair of AfPE said in a letter to the school; The assessment panel has considered your application, together with the feedback from the validation visit, and AfPE is delighted to award your school the Quality Mark for ‘demonstrating good commitment to improvement in physical education & sport’.

I would urge all schools to consider an application for the award which only three Essex schools have gained over the past two years. Information can be found at; http://www.afpe.org.uk/professional-leadership/afpe-quality-mark-for-pe-a-sport

Go Active

Get Others Active (‘GoActive’) is a new physical activity programme for Year 9 students, developed by researchers at the University of Cambridge, in collaboration with students. The programme is designed to encourage students to try new physical activities with their friends, and aims to be inclusive for all. We have improved GoActive after successful pilot tests in four East of England secondary schools, and are now recruiting 16 schools for a full scale evaluation of the programme.

Eight of the recruited schools will be asked to run the GoActive programme, while the other eight will continue ‘as usual’. Year 9 students in all schools will be measured, and results will be compared between the two groups. All programme costs will be covered, and schools will receive £200 of vouchers as a thank you for participating.

If you are interested in your school being involved in this exciting opportunity or you would like more information, please visit http://www.goactive-uk.com/ or email Fiona at goactive@mrc-epid.cam.ac.uk.

Physical Activity Infographic

Chief Medical Officers have released a new infographic outlining the physical activity guidelines for children and young people (aged 5-18). The infographic displays the UK physical activity guidelines in an engaging and easy to understand format for use by professionals working with children and young people.

It visually displays the physical activity guidelines, information on the benefits of physical activity for children and examples of the types of activity that count towards meeting the guidelines. Visit: http://www.bhfactive.org.uk/news-item/368/index.html
**HEALTH & SAFETY UPDATE**

The latest version of Safe Practice in Physical Education, Sport and Physical Activity is available for schools to buy at [http://www.1st4sport.com/t3sp16.aspx](http://www.1st4sport.com/t3sp16.aspx). It is important for the efficient delivery of safe practice that schools have a copy of this version of the publication. AFPE has also produced an excellent poster in relation to safe practice within schools this can be downloaded at: [www.afpe.org.uk/news-a-events](http://www.afpe.org.uk/news-a-events)

### Road to Rio

After the outstanding success of the 2012 London Olympic Games, we are now looking ahead with excitement to the 2016 Olympic and Paralympic Games in Rio. Our Road to Rio booklet was successfully launched last term and we have already received some really positive feedback. This cross curricular support pack aims to utilise the inspiration of the games to engage schools and young people in all areas of school life.

To download your copy for FREE visit: [http://www.activeessex.org/schools/road-to-rio/](http://www.activeessex.org/schools/road-to-rio/)

Don't forget, if you are planning any special Olympic or Paralympic events, assemblies or projects aimed at promoting healthy active lifestyle and school life.

**Education Small Grants**

3 Rounds of £400 grants were released to all Essex schools in 2015-16 to fund projects aimed at promoting healthy active lifestyles. 80 Projects have been approved in total, over three target groups:

- **Women & Girls**
- **Early Years Physical Literacy**
- **Health Focus**

For more information on these projects or to see case studies, impact results, ideas for contacts and good practice, visit: [http://www.activeessex.org/schools/small-grants](http://www.activeessex.org/schools/small-grants)

**National Mental Health Week – 16-22 May**

Focus – Relationships

Why not use the power of sport or physical activity sessions as a means of promoting mental health through meeting new people, building confidence and self-esteem, stress relief, forming positive relationships, team work, communication and resilience.

For more information visit: [https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week](https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week)

### Inclusive Leadership Event

In order to support our Essex Special School Games along with other activities, Active Essex is hosting an inclusive leadership event.

70 Young leaders from the Multi Schools Council will be attending a bespoke day of training based at Alderman Blaxill learning centre on Thursday 28th April. The day will involve a rotation of workshop activities including sessions on using STEP Principles, What makes a good leader and also some practical wheelchair Basketball and Zone Basketball.

Pupils will also have sports specific training in the events they will be leading and have the opportunity to try New Age Kurling and Handball.

For more information on the Multi-Schools Council or the new play unified project. Visit: [http://www.multischoolscouncil.org.uk/](http://www.multischoolscouncil.org.uk/)

**The Lions Mid-Summer Sports Day and Fun Festival for Disabled People**

**Date:** Saturday 18 June 2016  
**Venue:** The King John School, Benfleet Road, Benfleet, Essex

The Lions Clubs of Castle Point, Leigh on Sea, Eastwood, Rayleigh and Southend-on-Sea, supported by Lions Clubs from South Woodham Ferrers, Billericay, Thurrock, Clacton and Wymondham are again getting together for another great Sports Day and Fun Event. This will be our sixth year in addition to the Paralympic Torch event in 2012.

**Sporting events are expected to include:**  
Archery, Discus, Javelin, Shot Put, Golf, Bowls, Boccia, New Age Kurling, Table Tennis, Table Cricket, Sitting Basketball and Fencing, bags in buckets, bomber dart, shove ha’penny, sticky balls, an art project and music and dance including a wheelchair slalom.

Entries must be confirmed in advance. If you, your Club, or individual(s) wish to enter then please contact: sandersonja@hotmail.com or call 01702 475706

### DATES & UPCOMING EVENTS

**School Games Events**

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<td>Braintree Leisure Centre</td>
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<tr>
<td>X-Country (Individual)</td>
<td>19 April</td>
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<tr>
<td>Archery</td>
<td>20 May</td>
<td>Braintree Leisure Centre</td>
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Please visit the link below for the full Essex School Games Calendar: [http://www.activeessex.org/schools/school-games/school-games-calendar/](http://www.activeessex.org/schools/school-games/school-games-calendar/)

**England Netball**

Level 1 - Coaching Course  
Braintree Leisure Centre  
Day 1: Sunday 19th June 2016  
Day 2: Sunday 17th July 2016  
Email: emma.walker@englandnetball.co.uk  
More info – [http://www.englandnetball.co.uk/make-the-game/coaching/UKCC_Level_1_Courses](http://www.englandnetball.co.uk/make-the-game/coaching/UKCC_Level_1_Courses)

**The Dance Network Association: Annual Dance Teachers Conference**

Monday 18 April 2016 10.00 - 17.00  
At Zinc Arts, Chipping Ongar CM5 0AD  
£75.00 (incl. lunch & refreshments)  
emma@dancenetworkassociation.org.uk