

# Schools & CYP Newsletter

Getting young people active



## Research shows that PE Lessons help depressed teenagers

New research suggests regular school sporting activities can help children's mental health. Results show that exercising at least three times a week can help can stop children feeling depressed. You can read the full article [here](#).

## Physical Literacy Consultation



Sport England is working with a number of universities to develop a Physical Literacy Consensus statement for England – and they want to hear your views on the draft text.

The consensus statement aims to provide a shared understanding of physical literacy, including a definition and explanation of what physical literacy is, why it is important, and how physical literacy can be supported.

Please click [here](#) to complete the national consultation survey.

## Essex Health Series

You can also rewatch our webinar from our Chair, Dr William Bird explaining the importance of physical activity and the benefits it has to a child's mental well-being [here](#)

## Essex Walk & Talk - Children Mental Health Week

As part of Children's Mental Health Week, Active Essex are encouraging schools to Go outside, Get Active and Talk. During 6th - 12th February, we are asking schools to complete a walk whilst talking to fellow students through our conversation topic cards. All schools who participate will be sent an Active Essex Toolkit including a Step by Step Guide to host your walk, conversation topic cards, posters and values for your children to create.

Sign up [here](#) to receive your free toolkit.



## The Daily Mile: Winter Olympics Mount Mile

With the Winter Olympics fast approaching, we need your school's help taking on the challenge of climbing up Mount Mile. Using your daily miles, travel up the mountain, reach 4 check points before that final push to the summit.

To help your school reach the summit, maps, counters and information sheets will be sent to your school.

To receive your resources and find out about The Daily Mile poem competition, please click [here](#).



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### Essex ActivAte

[Essex ActivAte](#) is the name for the Holiday Activity and Food programme (#HAF2022) across Essex, run by Active Essex, Essex County Council and Thurrock Council, on behalf of the Department for Education.

Additional funding is provided by Essex County Council to extend the offer to low income working families who also require support during the school holidays.

The programme runs across the winter, easter and summer holidays, and extends this support to children and young people who may be vulnerable to inactivity or social isolation, on a case-by-case basis, and club providers are able to support more with this if required.

Working with a network of trusted local delivery partners, the programme aims to support the physical and mental wellbeing of primary and secondary school children, through engagement in a wide variety of activities, and provision of a nutritious, school standard meal.

As well as delivering face to face clubs, Essex ActivAte offers free online activities , family support and guidance.

If your school would like to get involved in the Essex ActivAte programme as a delivery partner or as a venue, please contact the Team on [haf@activeessex.org](mailto:haf@activeessex.org)



Essex County Council

## KS1 Physical Education, Sport & Activity Mark

Active Essex and the Chelmsford School Sports Partnership are pleased that the government have extended the Primary Sport Premium. This Funding has been used across the country to enhance the provision and quality of PE, physical activity, and school sport within our schools. The award officially recognises excellence in delivery of physical activity, school sport and physical education in Key Stage 1.

If you wish your school to apply again, please submit your application [here](#) by Friday 17th April.

For more information please contact [Tom.Weller@activeessex.org](mailto:Tom.Weller@activeessex.org)

## KS1 Physical Education, Sport & Activity Mark Award Ceremony

On Thursday 23rd February Active Essex will be hosting an KS1 Physical Education, Sport & Activity Mark Award Ceremony at The Melbourne Stadium, CM1 2EH to congratulate your schools achievement.

If your school's KS1 application has been approved since 2020 and you would like to find out more about the ceremony, please contact [tom.weller@activeessex.org](mailto:tom.weller@activeessex.org)

## Active Lives Survey

We have now entered Term 2 for the Active Lives Survey report this year. Active Lives is a national survey driven by Sport England in partnership with three key Government Departments – Education, Health and Culture. Recent results show there has been an significant decrease in children's activity levels since the pandemic.

If your school has been selected and you have any questions on the survey, please email [tom.weller@activeessex.org](mailto:tom.weller@activeessex.org) read the latest national report [here](#)

## Essex School Games



The Essex School Games creates opportunities and experiences that young people will enjoy.

The combined network of 14 School Games Organisers and Active Essex work together locally to deliver targeted opportunities for young people from a range different sports and activities.

Please click [here](#) to find events, opportunities and contact information for your local School Games Organiser.



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### The FA's Girls Football School Partnerships - Supported by Barclays

The FA Girls' Football School Partnerships is working with Active Essex to build a sustainable infrastructure of schools committed to developing the girls' game. The focus is to help girls become more physically active with improved well-being, increased physical literacy and grow all girls confidence and competence to play football at school and in a community setting.

To find out more and receive your schools free Disney Inspired Shooting Stars by England Football and Barclays Game On part of England Football resources, please click [here](#).



### Active Essex Legacy Leaders

We have produced resources to support teachers and local organisations to deliver a challenging and engaging Sports Leaders course aimed at Year 8 and 9 students across Essex.

[The Active Essex Legacy Leaders](#) will become a key part of the wider workforce across Essex to influence more and different young people to be active and enjoy sport.

### Primary PE and Sport Premium

Active Essex has been commissioned by Sport England to monitor and support schools across Greater Essex in the delivery of Primary PE and Sport Premium Funding. If you have received funding require further support, please contact [anthonyseaman@grovewood.essex.sch.uk](mailto:anthonyseaman@grovewood.essex.sch.uk) or visit our [website](#) for our webinars and teachings.

### Course: Physical Activity and Emotional Wellbeing (complimenting TPP)

Designed in Partnership with Essex County Council, Social Emotional Mental Health (SEMH) team, our Physical Activity to support Behaviour and Emotional Wellbeing module combines and enhances the ECC full Trauma Perceptive Practice course, with this module specifically focused on active interventions and the use of physical activity to help support emotional wellbeing and contribute to behaviour management.

Upcoming course dates and venues:  
Moulsham Juniors  
Monday 6th February 2023, 4-6pm

To find out more or to book your place please contact [anthonyseaman@grovewood.essex.sch.uk](mailto:anthonyseaman@grovewood.essex.sch.uk)

