

'Be Active': Helping young people in Guernsey and Alderney to lead active lives and to promote their long-term health.

You are invited to the 'Be Active' Conference and Training Day on Thursday 7th July 8.00am – 2.30pm at the Guernsey Grammar School and Sixth Form Centre and the Garenne Stand

The conference will:

- Articulate the aims of the Children and Young People's Plan and Healthy Weight Strategy which relate to being active
- Launch the 'Be Active' Forum
- Consider how each individual/ organisation can make a contribution to helping young people lead healthy, active lives

The aims of the conference are:

- To establish a mutual understanding of key points about being active for Guernsey and Alderney young people – e.g. statistics from the Child Measurement Programme and Young People's Survey and to hear young people's perspectives on being active
- To learn key 'tips and tricks' for being active and to share best practice
- To discuss organisational and individual roles and contributions to making young people more active

Format of the Day: Thursday 7th July

Breakfast Session: 7.30–8.00am Breakfast and welcome

8.00–10.00am Introductory Session

- What is being active? A proposal for a Guernsey definition
- State of play – facts and figures
- Child Measurement/Young People's Survey/ Young people's perspective
- Exercise – what I/ my organisation can do to make young people more active in Guernsey
- Concluding remarks, questions and comments

Morning Practical Session: 10.00–midday based at Footes Lane and surrounding areas

Sessions include:

Being inclusive through activity; learning outdoors; the role of coaches, teachers and adults in making young people become more active; engaging and entertaining – practical examples of making activity fun and engaging

Midday to 1.00pm: Lunch (packed lunch provided)

Afternoon session: 1.00–2.30pm

How should we respond to the challenges set by the Children and Young People's Plan and the Healthy Weight Strategy?

What are the key issues and how do we address them?

Discussion groups followed by feedback and conclusions.

Please contact Alun Williams at Education Services: alun.williams@gov.gg for more information or to reserve a place.

Please indicate if you wish to attend:

- The Breakfast Presentation only
- Breakfast Presentation and Training Day
- Training Day only

