



## Welcome to the Be Active Update Autumn 2016

We are pleased to update you on some of the work, associated with the Be Active Forum, that has been undertaken over the past couple of months. Much of the focus has been on measurement so that we can create an evidence base for the levels of physical activity for children and young people in the Bailiwick, but we have also seen curriculum developments, the establishment of Bikeability Guernsey and some exciting training and school-based initiatives

### Creating an Evidence Base

#### **Guernsey Year 3 students do the Activity Challenge.**



Over 400 Guernsey Year 3 pupils, aged 7-8 years old, from eleven primary schools have participated in the nationally-recognised Activity Challenge. Pupils are assessed according to three challenges - throwing and catching, jumping and running. We will reassess in about fifteen months to monitor developments and each school will receive a summary of pupil performances.

#### **Guernsey Young People's Survey—Findings to be announced Thursday, November 7<sup>th</sup>**



The findings of the three-yearly Guernsey Young People's Survey will be announced in early November. The results have been collated from the responses of 1400 young people in Years 6, 8 and 10. A significant number of questions were asked about physical activity - including the amount of activity undertaken, what students like/don't like about sport and what additional activities they would like to undertake. Each school will also receive its own report.



**Move on up—The Guernsey Sports Commission surveys Year 6 participation levels** 500+ Year 6 pupils were asked about their participation in sport and activity in school and the community. Information has then been shared with secondary schools on an individual level as well as providing a wider view on participation levels.

## The Bailiwick of Guernsey's new curriculum – the Bigger picture – promoting joyous and purposeful learning



Staff who are involved in delivering physical activity and sport to children and young people recently met for a day to discuss the contribution of activity across the whole of the new Guernsey curriculum. It was clear that there were many opportunities for activity to make a significant contribution in PE lessons and beyond. A priority in the curriculum is to develop positive mental health and well-being and it was acknowledged that being active is a key player in this field.

### Welcome to Bikeability Guernsey



We have established the Bikeability Guernsey programme which replaces the cycling proficiency programme. The programme will be available to Bailiwick schools in the near future. Two staff have been appointed. They are Joanne Le Prevost and Julie Chester and they will be working school hours, term time. Joanne and Julie have undergone the Bikeability training which will allow them to deliver level 1 and level 2 training. Their email is [Bikeability@guernseysports.com](mailto:Bikeability@guernseysports.com) and we are pleased to welcome them to the Forum.

### Outdoor learning in Guernsey



Jon Cree, Chair of the Forest Schools Association, recently visited the island to provide training to teachers in a range of outdoor learning topics. These included: making and playing with ropes; creative ways of working with fire (including cooking tea!); learning about the tides, beach art and food chains on the beach; Mindfulness in the outdoors.

### Being Active with Prince Edward



The Earl of Wessex, Prince Edward, made a royal visit to the Channel Islands on 22/09/16 to meet young people doing their Duke of Edinburgh Award and to celebrate 60 years of DofE. As part the celebrations, Youth Commission's DofE Guernsey organised the 'Round Island Diamond Challenge'.

Throughout the day four students and one or two DofE Leaders from each DofE Centre in Guernsey circumnavigated the island in stages, using different modes of transport that are used in DofE Expeditions. This included road and mountain bikes, kayaks, sailing and walking. The Round Island Diamond Challenge then finished at Government House, with all participants meeting HRH.

## Future Activities – November/December 2016

### Meeting to discuss physical activity in early years settings in November



One of the themes of the Be Active Forum is to promote and advocate physical activity in early years. We will be meeting with colleagues from the Early Years Team and considering how to promote activity in Early Years settings. Please do contact Alun Williams on [alun.williams@gov.gg](mailto:alun.williams@gov.gg) or Lucy Whitman at [Lucy.whitman@gov.gg](mailto:Lucy.whitman@gov.gg) if you want to discuss any aspects.

### Social Marketing Training – 23<sup>rd</sup>/24<sup>th</sup> November



We are looking forward to a two day training session on social marketing, which is due to take place on Wednesday 23<sup>rd</sup> and Thursday 24<sup>th</sup> November. The training will look at key elements of a successful social marketing intervention and help us put social marketing into practice. We are also hoping to host an evening presentation for the wider community. If you would like to attend the training, please contact Yvonne Le Page at [Yvonne.LePage@gov.gg](mailto:Yvonne.LePage@gov.gg)

### Fitbit Technology



There have been a number of research papers that have recently been published that have talked about the value of promoting activity through technology. Colleagues at La Mare High School are especially keen to see if providing Fitbits to a class of thirteen year olds will improve their levels of activity. We are planning to undertake a three month project to assess the impact and are almost there with fundraising for the project. We are looking at using fitbits at a cost of £50-60. If colleagues are aware of sources that could support us – we require approximately £500 -£1000 to commence the project.

### Consultation on draft guidelines



In mid-November we will be launching our consultation on the Bailywick-based definitions and guidelines for physical activity levels and sedentary behaviour, so please look out for information in your Inbox!

## Guernsey Child Measurement Programme, 2016

Finally, in the week that we announced the results of the Guernsey Child Measurement Programme 2016, we wanted to share with you some of the work that is being undertaken associated with healthy eating. There is a clear crossover between healthy eating, healthy lifestyles and physical activity, both in helping to address obesity and in supporting the general health of our children and young people. Much is being done and here are a few examples:

### **Implementation of quality standards for nutritious food provided in pre-school environments.**

The implementation of a quality standards framework for Early Years includes a requirement for pre-school and childcare facilities to serve nutritious food and to work with HSC's Dietetics Department to develop healthy food standards provided in pre-school environments.

### **Improve the options to eat healthily in schools;**

A policy directive on food in Bailiwick schools was introduced in February 2016. It sets out a consistent approach to food and drink provision throughout the school day for all Guernsey's schools and education services.

### **Establishment of a revised Guernsey-Based Healthy Schools Awards Scheme**

Education Services is reintroducing the Healthy Schools benchmarking tool, which will be more attainable for schools but will still enable them to assess and review their current practice and provision. The benchmarking tool covers 5 main sections; Leadership, management and managing change, Policy development/Learning & teaching, curriculum planning and resourcing (including PSHE, emotional health and wellbeing, physical activity and food and nutrition), Giving children and young people a voice.

### **The role of the Specialist School Nurse for Weight Management**

As some may know, the Specialist School Nurse for Weight Management, Chris Jewell offers a number of services for children and their families. These include:

- a family-based weight management course, SPRING (Into Action), aimed at primary-aged children and which has recently piloted a version aimed at younger children, due to identified need.
- a 1:1 weight management support service which involves client contact at home and/or at school, with frequency of contact gradually being reduced over time, as appropriate. Referrals for both the 1:1 service and SPRING courses have been received from School Nurses, Paediatric Consultants, GPs and through self-referral. Importance is placed on involvement of the family, for which permission is always sought beforehand



*An invitation to a Be Active Forum presentation:*

*‘Creating an evidence-base ‘*

Thursday November 17th at the Grammar School Lecture Theatre,  
4.00-5.00pm

Measuring the levels of activity of young people is essential so that we create an evidence base to inform how we can work together to support children and young people be more active.

In the past three months, three initiatives have been undertaken to help create that evidence.

Alun Williams from Education Services and Ollie Dowding from the Guernsey Sports Commission will present findings from the ‘Move on up’ programme, the Year 3 Activity Challenge and the physical activity questions in the 2016 Young People’s Survey. Please join us to find out more. For further info, please contact Alun Williams on [alun.williams@gov.gg](mailto:alun.williams@gov.gg)

