



Be Active Forum Newsletter February 2017

Dear colleagues – Welcome to the February update of the Be Active Newsletter. As we move towards spring it's good to report on lots of exciting initiatives to help the whole community get active. Membership of our Forum continues to grow and the awareness of the value of giving young people the opportunity to be active has been especially rewarding.

As always please make sure that we are aware of anything that you or colleagues are undertaking so that we can keep everyone informed.

News and activities

We all Matter – and Accessible Activities

We All Matter Eh! (WAME) is the brand the Guernsey Disability Alliance uses for the voice of disabled islanders. Last year the GDA ran a [Hidden Disabilities campaign](#) which raised awareness and understanding around the many impairments that are not obviously seen. Asperger's, Dementia, hearing and visual impairments, brain injury, cystic fibrosis to name a few. The interviews with 20 islanders are available to share widely so please use the resources freely. This year the GDA is raising awareness of the Accessible activities for children and adults with disabilities, to encourage increase in participation (to increase physical and mental wellbeing), team work and hopefully encourage other clubs to increase access to their sports and clubs (physical access, coaching changes, advertising the activities etc.). Have a look at the attached link: <http://matter.gg/accessible-sports/>

The project goes live 6th March in time for Disabled Access day 10th March but we are already using [twitter](#), [Facebook](#) to highlight the activities we have filmed.

The GDA would welcome any more examples of organisations seeking to increase accessibility. Please contact Karen Blanchford - Karen@disabilityalliance.org.gg

Also, have a look at our future meetings section later in this newsletter where we will be giving details of a presentation by Karen and Kerstin Neason, the new Chief Executive of the Guernsey Youth Commission on Wednesday 8th March. 3.30-5.00pm at the Youth Commission, Les Ozouets site, Guernsey College of Further Education.

Development of the Blanchelande College Sports Hall



It's good to see that the development of a purpose-built, all-weather sports facility is now well under way at Blanchelande College. The College is very aware of the benefits of activity for all its pupils as well as the wider community. The Principal, Robert O'Brien, is keen to ensure that the centre becomes a focal point for the parish of St Andrews and beyond. The centre will be located in wonderful environs which will lend themselves to all sorts of outdoor activities. Robert is keen to listen to ideas on how the centre can be used so please contact him at obrienr@blanchelande.sch.gg

Being Active at Notre Dame

Notre Dame lower juniors have been enjoying a 'Be Active' programme every day since September 2016. They have a different activity for ten minutes every morning. Last week was hurdles, cross-country, hoops, skipping and running. The children really enjoy it.

Ella Rose: *"it helps you keep fit and stay on track."*

Jack: *"you feel great after you have done it."*

Ciaran: *"I feel more awake and can concentrate better."*

Beatriz: *"It gets you fit. This is important because if you are not fit you won't be well and healthy."*

Teacher Aileen Finnerty said, *"we were worried how to fit it in at first but we are back in class by 9 o'clock and it really helps alertness. Also at the start some boys couldn't skip and now they are as good as the girls. The variety is great. At first the activities were very similar but the children came up with their own ideas as part of their home learning and 'Hop Scotch Skipping' is now a regular activity."*



Informal activity at the Grammar School & Sixth Form Centre



Offering Informal opportunities is often the most effective way of making young people 'get active'. That was evident recently when the Grammar School PTA bought a number of table tennis tables and placed them around the school. This photo shows the table being well-received by year 7 pupils.

La Mare de Carteret High Mental Health and Wellbeing Day



Staff and students at La Mare de Carteret High spent the last Friday before half term focusing on their Health and Wellbeing with a morning full of workshops and an 'Inside Out' Health Fayre during the afternoon.

Students had the opportunity to choose workshops from a range of activities including arts and crafts, indoor sailing and fitness circuits, box fit, orienteering, creating a 'Hygge' sculpture, football skills, street dance, managing exam

stress and much more. Boxercise was one of the most popular activities as demonstrated by two enthusiastic pupils and a rather nervous deputy headteacher, Dan Cleary

Sailing Trust winter workshops



Messing around on boats isn't just an activity for summer. The Sailing Trust have a busy winter when they organise a winter road show so that schools can have a go at indoor sailing

Here's an image of the Sailing Trust at Les Voies where students received some sea survival training and learnt what it was like to sit in a life raft, climb in from the water and right it from a capsized.

Facts and Stats

The School Sports Federation 2016

The School Sports Federation has administered a grant from the committee for Education, Sport and Culture since 1959 with the purpose of enabling young people to represent their island at sporting events. Broadly the Federation supports pupils so that they are obliged to only pay approximately half of their travel costs.

Some key facts from 2016:

- 250 secondary age pupils (and teachers) attended major national sporting events
- They attended 23 events. This creates a major stepping stone for sports development for young people
- Seven sports benefited from support including football, hockey, athletics, rugby, table tennis, cricket, netball and badminton
- Nine inter insular competitions were held with Federation Support.
- Events attended included the Gothia football tour, West of England Hockey matches, National Schools Athletics Championships, Schools Table Tennis Championships in Ireland, Under 18's cricket v Denmark, inter-counties badminton in Surrey



Guernsey's Star Trophy victorious Team 2016, supported by the Schools Sports Federation

Guernsey Young People's Survey - Parents Guide

In early March we will be launching the Parent's Guide to the Guernsey Young People's Survey. We have written the guide so that parents are made aware of the views, attitudes and behaviours of young people in the Bailiwick of Guernsey. Included in the booklet will be information about the levels of activity undertaken by young people. Statistics include;

- ***59% of Primary School pupils regard 'Being physically active everyday (e.g. about an hour a day)' as "very important" to being a healthy, active child***
- ***43% of Primary School pupils and 25% of Secondary students actively travel to school (walking/cycling/scooting)***
- ***55% of Primary pupils and 48% of Secondary students are physically active 5 times a week or more, for at least 30 minutes at a time***

Activity Guidelines for young people

We have also published the guidelines of levels of activity that we recommend for young people in Guernsey. We include those guidelines at the back of this newsletter. Please circulate widely

New members:

Welcome to some new members who are offering exciting initiatives to promote activity across the community:

Phil Sykes – Guernsey Golf Academy

Golf is to visit the high schools during the next few months with PGA Golf Professional Phil Sykes delivering a 6-week programme of tuition followed by a fun tournament at St Pierre Park Golf Course. The opportunity of delivering the sport to the schools has been kindly supported by local bank ABN AMRO Guernsey and they are delighted to be able to bring a new outdoor, fun and active opportunity to the Island's young people.

The sessions will be aimed at everyone in all year groups with each school asked to nominate up to 12 participants both female and male. The requirement from each school is to ensure that their selection of participants is shared between current players and those with little or no experience of golf whatsoever. Each school's players will then work as a collective to develop each individual's skills with a view to creating a teamwork ethic around the programme combining fun, learning, new experiences, new friendships and fun team competition. Some of the schools will begin their classes mid-March and the tournament date will be May 19th at St Pierre Park. Parents and other interested parties are welcome to come along and watch the event final unfold.

St Pierre Park's new website is www.thegolfclub.gg

Invitation from a breakfast/ yoga / running community

We were recently contacted by Jock Pettitt and Stuart Hardie with this invitation:

We are part of a running community that meet every Friday for breakfast with the inconvenience of a run and yoga beforehand. We have often been discussing the virtues and science behind alignment of exercise, food and the resulting peak in attention and learning, including reference to the US studies referenced in the book Spark: [Spark-revolutionary-science-exercise-brain](#)

We also recently became aware of a number in the community who are attending school or setting out on their day without a breakfast, not through choice, and we wanted to explore how we might create different opportunities and outcomes... This could take the shape of one off events such as taking our Friday breakfast club to other locations, bringing those in need to us or creating dedicated events to help make a dent.

If you would like to discuss with Jock and Stuart how they might be able to support you or youngsters that you work with, please do let Alun Williams know.



Welcome to Try a Tri.



Many of you will have come across Try a Tri, an organisation that uses triathlon as a means of bringing people together to train, challenge themselves, build self-esteem and have fun. Try a Tri have offered to support schools and other youth organisations. They have run Try a Tri sessions at Les Beaucamps – and they are keen to work with older pupils who are ambivalent about activity. Try a Tri have volunteered to run sessions in Alderney and if you want to discuss in more detail please contact Laura at laura@fryfit.co.uk

Future Events

A date for your diary: Number 1- Wednesday 8th March 3.30-5.00pm.
at The Youth Commission, Les Ozouets site, St Peter Port

Accessible activities for children and adults with disabilities, - A workshop by Karen Blanchford, Director of Guernsey Disability Alliance and Kerstin Neason, Chief Executive of the Guernsey Youth Commission.

Get involved in a discussion about how to support young people with a disability to access activities across our community.

Please contact Alun Williams at alun.williams@gov.gg if you would like to attend

A date for your diary: Number 2 -Wednesday 3rd May 3.30-5.00pm

Venue to be confirmed

‘Putting the active into active travel’ – a presentation by Deputy Lindsay De Sausmarez and colleagues from Traffic and Highway Services

Travel plays a key role in helping the community be active. Choices about how to commute and get around the island will impact directly on everyone’s activity levels. Colleagues from the Committee for Environment and Infrastructure are committed to promoting a healthier, more sustainable Guernsey. A member of the committee, Deputy Lindsay De Sausmarez, will lead a discussion on how we can work together to promote active lifestyles in Guernsey

A date for your diary Number 3 – Friday June 23rd

We are making arrangements for our next Be Active Training Day. We hope to align our day with a training programme being put together by the Sports Commission with a focus on how the whole community can play its part in making young people be active. The programme will be launched in early April.

Be Active Campaign June/ July 2017

The second half of the summer term is always one of the most exciting and active parts of the school year. Schools themselves as well as other organisations will organise 100's of activities designed to make young people experience fun activities. We will take the opportunity to celebrate and share as many of the activities that are going on as possible. We already know of a wide variety of activities that are being organised reflecting the variety of choice available in the Bailiwick of Guernsey:

- **XMA Junior Schools athletics championships**

Starting off on the weekend of 3rd/4th June we have the XMA Junior Schools individual athletics championships – the first of six athletics events that will involve 1000 young people from all Island schools



- Then we have the Royal British Legion commemorative march on 4 June to commemorate a century since the RGLI left Guernsey. It is planned that 1,000 school children will take part



- Planning is well underway for the largest sailing opportunity for primary school pupils. The Set Sail Trust is bringing over 3 pilot cutter traditional yachts for 2 weeks in June providing the chance for more pupils than ever to get active on local waters. This amazing opportunity is forming part of the transition programme supporting pupils moving from primary to secondary school. It will also help celebrate Guernsey's maritime heritage. Take a look at the link [setsail trust](#) to get an idea of what it is all about....



- On Saturday June 10th, we have the traditional Specsavers Youth Games. The culmination of weeks of training for 4-500 youngsters participating in 15 different sports. Have a look at the attached link to find out more: [Specsavers youth Games](#)



- We will also be gearing ourselves up to the 2017 NatWest Island Games in Gotland. Over twenty assemblies and fun days will be held in schools with the special involvement of the fifty youngsters under the age of 18 who will be representing Guernsey. We also have the Generali fun day at the end of June

- **INSPIRING EPICNESS** Lastly we will be supporting Phil Smith and Warren Mauger of the Be Epic Charity for a week in July as they challenge the island's youngsters to 'do something epic'. Schools and youth organisations will be encouraged to do something different and challenging for five days. More details when we launch in March.....

Alderney -Here We Come.....

And we don't want to forget Alderney in all our plans. We are hoping to organise a visit to Alderney to coincide with all our plans in June. So far colleagues from Try A Tri, D'Arcy Brimson, our Outdoor Education Advisor and colleagues from the Youth Commission are looking to spend time in the Northern Isle. If you are interested in joining us look out for more details over the next few weeks

Active outdoor learning - a taster of upcoming opportunities.....

During the week of the 24th April, Outdoor Learning training will be available to many teachers and associated staff in Guernsey. The popular Forest Schools skills and Earth Education training (led by the Chair of the UK Forest Schools Association) has been very popular in previous years with a focus on providing more people with the confidence and competence to work and support pupils outside of the classroom. Themes during the week include story telling with associated activity in the outdoors plus ways of taking maths outside. Delegates will be cutting up wood, using tools, making things and looking at how to creatively learn in the outdoors.

Traditional adventure activity training is being encouraged with climbing wall training and assessments during the week of 20th March.



And finally.....



Congratulations to Jeremy Frith and Rachel Sykes for the publication of their new book - The Growth Mindset Coaching Kit. The subject matter focuses on sport and the book does a great job of explaining how to develop successful, confident and motivated people through sport and activity. It's well worth a read. Contact Jeremy for more information - Jeremy.Frith@gov.gg

GUERNSEY PHYSICAL ACTIVITY GUIDELINES

FOR CHILDREN & YOUNG PEOPLE: AGES 5 - 17

PHYSICAL ACTIVITY RECOMMENDATIONS

Physical Activity Intensity

Moderate: Requires a medium amount of effort and noticeably increases heart rate

Vigorous: Requires a large amount of effort and causes rapid breathing and a substantial increase in heart rate

At least 60 minutes of moderate-to-vigorous physical activity a day



Examples of Physical Activity

Moderate:
Bike ride
Brisk walk
Skateboarding

Vigorous:
Running
Team Sports
Martial Arts

Aerobic Activity

Vigorous-intensity
3 days a week



Muscle Strengthening

3 days a week



Bone Strengthening

3 days a week



Findings from the Guernsey Young People's survey 2016 demonstrate that **55% of Primary pupils & 48% of Secondary students** are physically active 5x a week or more, for at least 30 minutes at a time

THE BENEFITS OF BEING PHYSICALLY ACTIVE

HEALTH, MENTAL AND SOCIAL AND ECONOMIC BENEFITS



IMPROVED OVERALL HEALTH

IMPROVED SELF-ESTEEM



IMPROVED BALANCE AND POSTURE

WEIGHT MANAGEMENT



STRONGER MUSCLES AND BONES

IMPROVES QUALITY OF LIFE



IMPROVED SLEEP QUALITY

DISEASE PREVENTION



States of Guernsey
Education Services