



Be Active Forum Newsletter April 2017

Dear colleagues

Welcome to the April update of the Be Active Newsletter. Spring is well and truly upon us and it's one of the best times of the year to get out and about and enjoying being active. In this newsletter we draw your attention to some exciting developments in our schools, reflect on the recent post-16 young people's survey and what it tells us about young people's attitude to being active and give you notice of a couple of presentations that we will be holding in the next couple of months.

TALK THE WALK

Come along to our next presentation on the importance of walking and its role in making Guernsey more active. Excuse the pun, but Active Travel Guernsey are making great strides in promoting the benefits of being active. One of the most effective ways of travelling actively is through walking so please come along to a **Be Active presentation** where we consider the benefits of walking and how we can encourage more of the community to walk. Deputy Lindsay de Sausmarez, member of the Committee for the Environment and Infrastructure has been a great advocate of walking and cycling and she will be joining us on **Wednesday 3rd May from 3.30 to 5.00pm at Les Cotils**. We will be discussing how we can encourage the Guernsey Community to walk more. Enclosed is a poster so please advertise the event and encourage colleagues to attend.

TALK THE WALK

A workshop to consider how we can encourage the Guernsey community to walk more and improve health, transport and the Guernsey way of life



Presentations by Deputy Lindsay de Sausmarez, Member of the Committee for the Environment & Infrastructure and Alun Williams, Be Active Forum Coordinator

Wednesday 3rd May 3.30-5pm at the Reading Room, Les Cotils



Walk to School week, 15-19 May



More from Traffic and Highway Services....

“During May, Traffic and Highway Services will be supporting seven local primary schools by providing resources for Walk to School Week. The week is part of the national walking month campaign which aims to get more children and parents walking to school more regularly.”

Walk to School Week takes place from the 15th to 19th May. Get your walking shoes on and see the outdoors from a fresh perspective while walking to school with your children. Watch out for more details over the coming weeks.

Arts Sunday, 4th June

The Guernsey Arts Commission is now busy planning Arts Sunday which is on June 4th and will take place along the seafront. This will be a great day of outdoor fun and creative activity so come on down and enjoy the day. If you would like to be involved creatively or as a volunteer please contact Russ.Fossey@gov.gg. Remember it's Fun, Free and for everyone!! Here's an image from the GAC's lantern parade that was held in March.



Save the Date: Be Active Training Day

Thursday 22nd June 7.00am – midday at Beau Sejour

Our Be Active Forum will be celebrating its first anniversary on Thursday 22nd June. The training day will be part of a week long programme of training and discussion led by the Sports Commission. The theme for the week will be consideration of how the whole community can play their part in making Guernsey more active. We will be forwarding details over the next few weeks but we have a provisional timetable:

7.00-8.00am Start the day with a Be Active Yoga session

8.00am – 9.30am – Breakfast session: *One year on – where are we now with making Guernsey more active:*

9.30 - midday: *Workshop sessions on being creative in making the community more active.*

Our keynote speaker will be Richard Cheetham MBE, Senior Fellow in Sports Coaching at the University of Winchester. Richard has a wealth of experience in working to promote creative thinking about how we can make the community more active and physically literate. For more information see his biography: [Richard Cheetham MBE](#)

Young People's Post -16 Survey: some Facts and Stats

We recently published the results of the Young People's survey for Post-16 students. Over 800 students were asked 80+ questions.

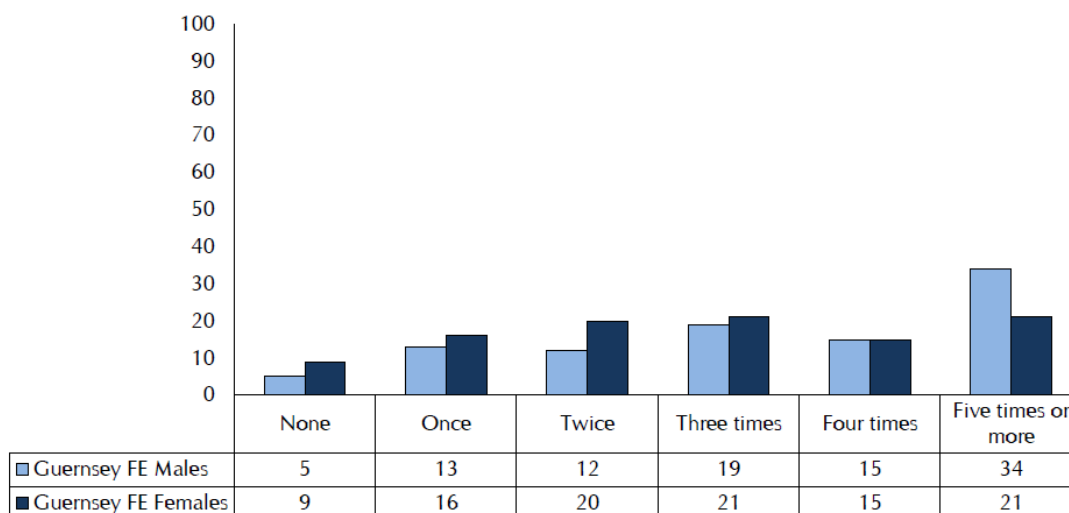
The key physical activity findings were:

- 16% of students responded that they walked to school/college
- 69% travelled to school/college by car
- 12% of students responded that they did not do ANY physical activity in the seven days before the survey
- 60% of respondents were active on at least three days in the seven days before the survey

Physical activity

7% of students responded that they weren't active for at least 30 minutes on any occasion in the week before the survey, while 62% said they were on at least three occasions.

Q24. How many times last week were you physically active for at least 30 minutes each time?



34% of students responded that they exercise as much as they like (nothing stops them being more physically active), while 48% said they don't have enough time to be as active as they would like.

Q29. Percentage of students responding that the following stops them being as physically active as they would like to be (top 10):

Males			Females		
1	Exercise as much as they like (nothing stops them)	47	1	Don't have enough time	56
2	Don't have enough time	39	2	It costs a lot to get there or take part	36
3	It costs a lot to get there or take part	14	3	They are shy in front of other people	35
4	They are shy in front of other people	10	4	Not comfortable with how they look	30
5	Transport to get there is a problem	10	5	Exercise as much as they like (nothing stops them)	23
6	Don't know what to do	9	6	Transport to get there is a problem	20
7	There is nothing they want to do around [where they are]	8	7	Don't know what to do	14
8	Not comfortable with how they look	7	8	There is nothing they want to do around [where they are]	12
9	Know what they want to do, but don't know where to go	5	9	Places to exercise are too far away	9
10	Don't like the places you go to	5	10	Don't like the places you go to	9

The Bailiwick of Guernsey Curriculum

Education Services has just published the big picture of the Bailiwick of Guernsey Curriculum. This is a really exciting development as the document sets out the curriculum of the future for the Bailiwick of Guernsey. It is the product of much collaboration across the community. It is especially exciting for those of us involved in

making young people be more active. At its heart is an aim to retain the best of current practice whilst seeking to place greater emphasis on the important elements required to secure well-rounded learners. Examples are learning outside the classroom, promoting positive mental health and well-being and development of a Growth Mindset.

Here are some extracts:

1. There are many examples of ways in which the new curriculum demonstrates that a priority is to make young people be more active:

‘One of the four core purposes, taken from the Children and Young People’s plan (alongside being Safe and nurtured; Included and respected; Reaching their individual Potential) is a recognition of the importance of being Healthy and Active’

We want children and young people to have the highest possible standards of physical and emotional health and to lead active lives that promote their long term health.

2. The recommended ways that children learn incorporates many of the aspects that encourage being active

The curriculum is more than the timetable and more than the syllabus or course. Traditionally, schools have offered lessons and then added other opportunities, often called ‘extra-curricular’ activity. The Big Picture of the Bailiwick curriculum seeks to take advantage of the entirety of provision, encouraging an approach which seeks the best ways to learn the ‘content’ of the curriculum. It does not see learning as just lessons and add-ons or extras.

Learning takes place in lessons, in events, through the routines of schooling, the learning environment, beyond the classroom and through out of school activities.

3. It recognises the benefits of Out of School Activities

Many learners take part in activity beyond the school which will reinforce their experience in school. The clubs that they enjoy add impetus and can fire success in terms of promoting purpose for some of the aspects of learning that they are grappling with in school. By taking part in activities beyond school, learners meet people from other schools and build new friendships and opportunities.

The Bailiwick of Guernsey Curriculum

Teacher Handbook

States of Guernsey
Education Services



There is a wealth of out of school clubs and activities available to the young people of the Bailiwick. It is important to know what is available on the islands in order to both encourage learners with a particular interest or aptitude to experience new things, or to encourage learners within local clubs to bring their experiences into school.

4. There is a section on Physical Health & Well-being as an area of learning which clearly outlines the benefits of activity;

To enjoy healthy, active and fulfilling lives, children and young people must learn to respond positively to challenges, be enterprising and handle risk and to develop self-confidence and physical capabilities. This area of learning lays the foundations for long-term well-being and contributes to their mental, social, emotional, economic and physical development. It is central to their development as confident individuals.

Children and young people learn about their changing bodies and the importance of nutrition and rest for a healthy, balanced lifestyle. Through sport and other physical activities, they learn to increase body control, coordination and dexterity. They also learn about their responsibilities both as individuals and members of groups and teams. Children and young people learn to cooperate and to compete fairly, understanding their own and others' roles. As they become more confident, learners develop a growing self-awareness and a commitment to self-improvement so they can make informed decisions that lead to happy and healthy lives. They raise their aspirations, set goals and work to achieve them, seeing how this will influence their opportunities in education, leisure and in the world of work.

5. There is significant emphasis on learning outside the curriculum



Health and Activity in recent School inspections

2017 has seen two validated school inspections at La Houquette Primary and La Mare De Carteret Primary.

Increasingly schools comment upon (and therefore, inspectors validate) the impact of being active in school and beyond. Whether it's learning outside the classroom, engaging in physical activity or being active in the local environment there has been much comment.

Here are a few of the key observations;

La Mare De Carteret Primary February 2017

- *Children are highly motivated to learn through the many exciting and creative learning opportunities that often provide an element of surprise that stimulate the children's imagination. For example, during a trip to the beach, a parent, unexpectedly for the children, surfaced from the water with a message in a bottle as part of a planned writing lesson.'*
- *All children participate in a wide range of high quality experiences that enable them to make valuable contributions to the life and work of the school. The digital leaders, personal, social and health education focus group, sports leaders, leaders of learning and sewing leaders are a few of the many examples of leadership opportunities for children that impact very positively on the life and work of the school.*
- *The extensive range of after-school and lunchtime clubs is very well attended and almost every child participates in at least one. They include; book club, 24 game club, netball, bilingual singing, French club, 'wake up shake up' before school club, happy puzzle club, coding club, science club, breakfast club, 5-side football, sewing club, and homework club. The participation rates of all children in clubs and the wider life of the school are closely monitored. Staff remove any barriers to ensure all children can participate.*
- *The introduction of sea-swimming for all children is a very good example of staff knowing the school community very well and using this knowledge to develop valuable lifelong skills.*
- *They are also developing well their knowledge of health and healthy lifestyles through the school's participation in the 'Healthy Schools Award'.*
- *Commendably, school leaders are mindful of the health and wellbeing needs of the staff team. As part of the school's ambition to achieve accreditation as 'Healthy Schools' status, daily after-school sessions which focus on the health and wellbeing of staff have been established. For example, staff can participate in Pilates, massage and 'Feel Good Fridays', when staff can relax, reflect on the high points of the week, and begin the weekend in a positive frame of mind.*
- *There are increasing opportunities for children to learn outdoors in their school grounds, at the beach and further afield. The local area provides a rich context for learning. Staff are actively researching different ways to accredit children's learning and achievements outdoors, for example through the John Muir Award.*

La Houquette Primary School February 2017

- *The school places high importance on the development of outdoor learning. Children in Years 4, 5 and 6 benefit from residential trips to Lihou, France and London. Children in the Reception classes participate in a weekly 'Wednesday Welly Walk' where they take their learning in literacy, numeracy and other curricular areas outside into the school grounds. This provides a very motivating and engaging context for children to progress in their learning.*
- *All staff have completed training in the 'forest schools' initiative and are now making effective use of the nature reserve which is located within the school grounds. Children in Year 1 worked together to develop their own outdoor learning spaces with support from local businesses. This provided an engaging real-life context for researching and communicating with local businesses.*
- *Staff are very aware of the unique context of their school and island life and ensure that their experiences provide children with the opportunity to develop skills relevant to their lives. A good example of this is that all children learn to swim both within the school pool and in the sea.*
- *A wide variety of out-of-class activities bring additional breadth to learning and provide children with opportunities to develop their talents, skills and interests. Children across all stages have many and varied opportunities to take part in a variety of sports including football, netball and athletics. Participation in island and inter-island competitions is enabling children to compete with others which in turn, improves their skills. Children in their first years in school benefit from stimulating learning environments and outdoor learning spaces which enable them to explore and investigate. Well-timed, skilful interactions by these staff support and extend children's learning effectively.*
- *Across the school, staff make good use of the environments available to them to provide a varied experience for children. Teachers provide children with a broad and varied range of activities, resources and experiences which overall meet the needs of most children. Increasingly, children are benefiting from meaningful and motivating opportunities to learn outdoors.*
- *Importantly, there is clear evidence that staff and children are making the most of the unique setting of the school and superb school grounds as a focus for learning.*
- *There are increasing opportunities for children to learn outdoors within their school grounds, at the nature reserve and further afield. The local area provides a rich and unique context for learning.*

Useful Twitter Links

- [Beau Sejour](#)
- [EPIC Challenges](#)
- [Grammar School PE Department](#)
- [Guernsey Arts Commission](#)
- [La Mare de Carteret PE Department](#)
- [St Sampsons PE Department](#)



News from Beau Sejour. Check out twitter @BeauSejourGSY

We have just opened up a brand new Kids Zone soft play area at Beau Sejour, in a new more convenient location adjacent to the small pool viewing area in the café. Free to use, and the ideal location to introduce children to active play.



The Trading Areas team at Beau Sejour have been putting a huge amount of effort in regarding healthy eating over the past year, including utilising the basics of Nudge Theory to encourage behaviour change. The team have been working hard with their dietetic and psychology colleagues at Health to implement some of the changes, rela. The results have been really interesting – and effective! For example, confectionary sales reduced by 1,721 items in 2016 when compared to 2015 – a 33.5% reduction in one year!



The popular Beau Sejour Summer Holiday Club will be running from 24 July through to 4 September, and is now available for booking. Offering children a variety of activities tailored to different ages during the school holidays. For further information, or to book, just pick up a leaflet from the Centre (or e-mail paula.woodland@gov.gg) Brochures will be available at www.beausejour.gg in the near future

Beau Sejour continues to be used by a number of schools to help all students keep active, using Beau Sejour qualified instructors to help deliver some more gym based activities, such as Spinning, and gym workouts. For further information regarding this opportunity, please contact Shelley Nicholls, Active Health Manager at shelley.nicholls@gov.gg





EPIC Challenges

In July 2017 our friends from EPIC Challenges are setting up a week of exercise and challenges called **My EPIC Week**. The event is taking place from **Monday 10th to Sunday 16th July**. The week is aimed at the whole community getting active and choosing a swimming, cycling or running challenge to do each day that takes them out of their comfort zone. Part of the aim is to kick start healthy habits and show people that they can achieve more than they believe, which works with the growth mind-set approach to activities.

What are the challenges? EPIC are asking as many people, groups and classes to take on something that is a personal challenge. The challenge can be a swimming, cycling or running challenge of any distance every day. You can even mix up the disciplines throughout the week.

EPIC have been in touch with schools to encourage them to get involved and Phil and Warren would love to see all sectors of the community taking part. For more information go to: www.epicchallenges.gg

Useful articles and reports

A focus on walking:

With our focus on the benefits of walking the recent Living Streets publication: [Creating walking cities](#) makes for interesting reading. It presents a blueprint for change setting out seven steps to a walking community which will lead to healthier, more economically successful, greener and stronger communities... and if you want more evidence of the benefits of walking - look no further than Ramblers Cymru and their new ten year vision. This maps out how Wales can be a happier, healthier nation where walking is at the heart of every community. See: [A Vision for Wales - Ramblers](#)

Just in.... Check out the latest documentation about incorporating activity into our lives [planning for activity](#). This video and supporting documentation explains succinctly and easily ways of incorporating activity into everyday lives.

Everyday active, every day two years on:

Public Health England (PHE) has published a two year update on [Everybody active, every day two years on](#) - the national physical activity framework. The framework was published in October 2014 setting out the need for action across four key domains at national and local levels - active society, moving professionals, active environments and moving at scale.

Between 2013 and 2015-17, there has been a 1% increase in the proportion of the population meeting the UK physical activity guidelines, representing half a million people. While this figure appears small, the report acknowledges that mobilising a nation takes years to achieve significant and sustained changes.

Alun Williams; April 2017