



Welcome to the March 2019 edition of the Be Active newsletter.

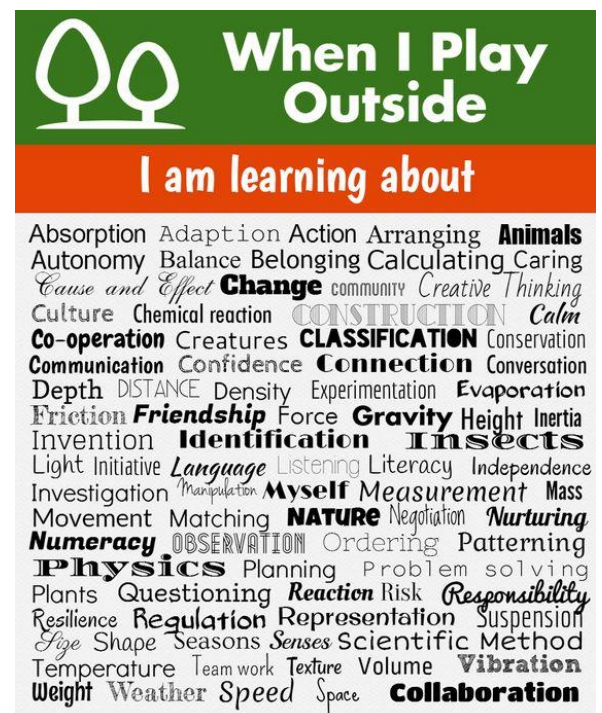
As spring begins to blossom what better time to remind everyone about the benefits of being outdoors? We also look at the UK chief medical officer guidance on screentime and look forward to the Island Games 2019 and 2021 which present great opportunities to get the whole community involved in being active.

## Guernsey and the Great Outdoors

***“Natural spaces are essential for human development and wellbeing. And none more so than those we set aside for the use of our children.”*** This comment from Sir David Attenborough explains why outdoor learning - and getting outdoors at every opportunity - is such an essential entitlement for all Bailiwick children. Its importance is reflected in the Bailiwick of Guernsey Handbook: ***‘Learning Outside the Classroom (LOtC) is very important; it develops confidence, self-awareness and skills (eg responsibility for self and others, working in a team, leadership and problem solving).***

Our schools, especially early years settings and primary schools, have really embraced the excitement and opportunities of outdoor learning – often to offset the lack of opportunities for outdoor play as more children are spending less time outside. For many children, school grounds are the only place they have the freedom to experience the outdoors and be active every day. The more muscles and senses are exercised during physical activity, the more the brain develops its capacity for learning. But the benefits of fun outside extend beyond physical health; simply spending time outdoors everyday can promote positive mental health especially when they provide access to plants, wildlife and the changing seasons.

Over the weekend we will be holding our second Be Active Training day and a key focus will be on developing much of the excellent outdoor work that is undertaken in our pre-schools. We’ll be listening to the experience of two Vale Primary teachers, Emma Dorrian and Emma Bowen, who have led the transformation of much of the Vale primary school site into an outdoor classroom. Pupils get outside and then learn at every opportunity: the two Emmas have highlighted some of the key learning opportunities:



- Activities provide rich evidence of learning to listen to each others' suggestions and ideas, making relationships, taking turns, using their imaginations to make stories, building self confidence, thinking critically about how they can get something to work.
- They observe the change of seasons and weather and how this effects their environment and others.
- They can get creative and have a go at painting with natural paint brushes, weaving with natural frames, making patterns and pictures with natural resources, mini beast hunting, caring for our trees and plants etc
- Learning basic forest skills such as collecting tinder to make a fire; listening to stories around a fire; using fire to toast marshmallows/bread

### Speak to the experts – Contact the Outdoor Education Advisory Service

If you're interested in developing opportunities for outdoor learning, why not meet up with the Outdoor Education Advisory Service headed up by D'arcy Brimson. D'arcy has a wealth of experience and enthusiasm for outdoor learning. A site visit from D'arcy is a great start for considering how your organisation can create outdoor learning opportunities. D'arcy can be contacted at [D'arcy.brimson@gov.gg](mailto:D'arcy.brimson@gov.gg)

### Vale pupils having fun outside



### UK chief medical officer issues screen time guidance

Screen-free meal times, leaving phones outside the bedroom and thinking twice before sharing photos are among tips included in new advice



The United Kingdom Chief Medical Officers recently distributed guidelines on managing young people's screen and social media use. They express concerns that a negative effect on excessive screen time is that using devices may displace other activities including sleeping, being active, having fun and socialising as well as creating emotional

wellbeing issues. Eight tips have been highlighted and are enclosed. They include taking breaks and moving about a bit. A simple but effective piece of advice is *'#sitlessmovemore'*



## NatWest International Island Games 2021: Can you help design a piece of history?

It is now a little over two years till the 2021 Guernsey Island Games and less than five months to the Gibraltar Island Games.

Those of us who were involved in the 2003 Island Games have very fond memories of the impact that the Games had upon local sport and activity and what a great experience it was to be involved in those Games. In 2003 we had various community links targeted at young people:

- Over 150 pupils had work experience during the Games;
- We organised for an Island Games artist in residence to work across Island schools
- We matched schools with particular islands who then then supported during the week
- Pupils were fully involved in the opening/closing parades and organised out own concert for visiting athletes.

We are planning to engage with the whole community and use the Games to embrace and enjoy activity for the whole community. One of the first initiatives is to offer Bailiwick residents the



opportunity to design the medals for the Games. For more information have a look at the enclosed link: [guernsey2021.gg/medal-design-competition](http://guernsey2021.gg/medal-design-competition)

## Specsavers Youth Games 2019

One of the highlights of the Summer will be the Specsavers Youth Games organised by the Guernsey Sports Commission which takes place on Saturday 15<sup>th</sup> June 2019. This is the seventh Guernsey Youth Games with 600 children choosing to participate in 17 different sports. Any child in school years 5 or 6 can take part in the Games and the emphasis is on fun, fair play and creating a festival atmosphere. So encourage youngsters to take part and make a date in your diary and to get a flavour of all the Activities have a look at the youtube video: [Specsavers Youth Games 2017](#) and download the 2019 brochure [guernseysports.com/programmes/youth-games/](http://guernseysports.com/programmes/youth-games/)



## And Finally some Be Active Forum Updates

### The Daily Mile comes to Stepping Stones Pre-School at Vazon Elim Church



Welcome to Stepping Stones pre-school who are the latest group to take up The Daily Mile . Here they are being photographed venturing out and measuring their first Daily Mile. A friendly neighbour has allowed them to use a field nearby so the pre-schoolers can enjoy the outdoors, make friends with the local pheasants and chickens, pick daisies, buttercups and the odd daffodil

### Three Schools to trial the Guernsey Activity Passport

In the February newsletter we suggested that we might introduce a Guernsey Activity passport where young people might experience a range of activities. We had lots of interest and some great ideas and we hope to launch a pilot in three schools at the beginning of next term.



### Announcement of the winner of the RD Leak Trophy

Watch out for the announcement of the winner of our RD Leak Trophy awarded to a school/ youth organisations who have demonstrated a commitment to getting young people active on the water. We recently selected a winner from a number of high quality entrants. We'll announce the winner within a couple of weeks

