

TEAM TALK

Redcar & Eston School Sport Partnership CIC Newsletter



Welcome

Young people up and down the country have been returning to school this month. In some cases, they will be returning with a renewed energy and excitement to connect back with their friends in a safe, welcoming environment. For others, return will create feelings of anxiety and nervousness because of a reduced level of confidence and physical competence while being away from school.

We believe that physical activity, physical education and school sport has a vital part to play in an active recovery term where the health and wellbeing of young people is prioritised. Through providing the opportunity for young people to reconnect and recover through positive experiences of daily physical activity and challenges.

Initially, this will most likely include opportunities for fun, play and connection to help young people to rebuild their confidence. Activities with friends will help to improve their physical competence in readiness to re-engage in competition.

We have taken time out to meet each school subject leader, to ensure we understand the support you need. If you can think of anything else we could do for you, then please just ask.

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Well Schools Open Letter

www.well-school.org/our-promise



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Upon our return to school we have pledged to promote the Well Schools open letter to the children and young people of the UK:

"We are writing this letter to you because there are a few things you should know.

We are incredibly proud of you

This year has been exceptionally difficult. You have shown incredible resilience and adaptability. You have been selfless and put the needs of others before your own. You have made so many sacrifices and yet faced the challenges with strength and determination. There is much you've been told you've lost, including many weeks of your education, but there is much you have gained. You will emerge from this stronger. This may be the greatest challenge you have faced so far but it will not be the last. Next time you will find you have more resources and are better prepared (and even more so the time after that).

We are here for you

We know some of you will be worried about what the future holds. We want you to know we are here for you. We know you will need a chance to reconnect with your friends. We know you will need time and space to play and be active. We know you are desperate to get back to your sports/music/art/acting and everything else that is so crucial to your development. We know that you are keen to get back to your academic studies in school and college as well. We know that evenings, weekends, and holidays are as important as your time at school. We are committed to ensuring that your opportunities are balanced and wherever your passions lie you have the chance to pursue these. We will be here to encourage you, support you, challenge and help you every step of the way.

You are the future

You are the future and that future is not written. There are challenges but there always have been and always will be: we know we will get through this together. We have complete faith in you. We want you to know that; more than anything. Do not let us or anyone else tell you what you can or can't be. We don't know. We cannot imagine what you will achieve. But we are so excited to see and be a part of it. We hope to see you back in our schools and colleges very soon. Whatever happens next, it will just be another step in your journey."

VIRTUAL COMPETITIONS

It has been great to see so many schools taking on our virtual challenges during lockdown. Each week we sent out two challenges that could be tried at home or in school. Through the online resource Koboca, pupils submitted their own results.

Certificates for these achievements have been sent to schools to congratulate the pupils on their hard work. A big well done to the following schools for submitting your results: Coatham, Whale Hill, Grangetown, Green Gates, Ings Farm, Lakes, Normanby, Whale Hill and Zetland primaries,



Facebook:

@RedcarEstonSSP



Update on Government Guidance

Since our last newsletter, please note that Government Guidance has been updated. We have provided a summary of key changes below.

Department for Education Guidance:

After-school activities and wraparound care section - page 51

- Under-18 sport can take place at school as part of educational provision, or as part of wraparound care.

Physical Activity section - page 58

- Where you are considering team sports you should only consider those sports whose NGBs have developed guidance under the principles of the Government's guidance on team sport and been approved by the Government.
- Competition between different schools should not take place until wider grassroots sport for under 18s is permitted.

Government Guidance:

- From 29 March, outdoor sports facilities such as tennis and basketball courts, and outdoor swimming pools will be able to reopen for use in line with wider social contact limits. Organised outdoor sports for both adults and children will also be able to resume with any numbers, where this takes place under NGB guidance.
- Step 2 will begin no earlier than 12 April and will allow indoor facilities to reopen including gyms, leisure centres and community centre for use individually or with household groups. Indoor sporting activities for children will be able to take place.



COLOUR RUN BOOKINGS

Book your colour run in now for your school's end of year celebrations: info@ressp.co.uk



Active Travel Training

It is fantastic that we have managed to get our active travel training back up and running so quickly. Thank you so much to the schools that have started already.

The active travel training, including balance bike, pedestrian and Bikeability training are great for the children, but remember the ultimate aim is to promote active travel to schools with the children. How many children in your school still come in a car?

