

RELAY

SLOUGH
SCHOOL SPORT NETWORK

enjoy, participate, succeed

The newsletter for the Slough School Sport Network

July 2017

Will the new Slough Young Sportsperson of the year be from **your** school?

The Slough Youth awards aim to raise the profile of young people in a positive way by celebrating their achievements in an annual showcase. This year's awards are supported by the Slough Youth Parliament, Slough Borough Council and Slough Council for Voluntary Services.

The awards ceremony will take place on Thursday 2nd November, 2017 at The Curve.

Young people aged 11-19 (up to 25 with learning difficulties or disabilities) who live in Slough can be nominated for an award. Entry is FREE. If you are nominating an informal group of young people, for

example a project group, sports team or band, the group must meet the above age and residency criteria to qualify. When nominating young people, please inform them so there are no unexpected surprises. Nominations are now open and should focus on a project or achievement that occurred between September 2016 to 20th September 2017, although the project itself may have started prior to September 2016.

Primary Sports Premium funding doubled

In a statement to Parliament, The Education Secretary confirmed the PE and Sports Premium for primary schools will increase from £160million to £320million. All primary schools will receive an increase in their PE and sports premium funding in the next academic year. Justine Greening made this remark during her statement on school funding: "As well as this additional investment through the national funding formula, I am confirming our commitment to doubling the physical education and sports premium for primary schools. All primary schools will receive an increase in their PE and sports premium funding in the next academic year."

Slough Youth Awards will happen on the 2nd November
Nominate a young person now
@ www.slough.gov.uk/SYA



Young people aged 11-19 (up to 25 with LDD) who live in Slough can be nominated for an award in the following 6 categories:

- | | |
|--------------------------------|--|
| ★ Young artist award | ★ Young entrepreneur award |
| ★ Young environmentalist award | ★ Young sportsperson award |
| ★ Young inspiration award | ★ SCVS Young Volunteer of the year award |

For general enquiries please contact Giovanni Ferri on 01753 875510 or email sloughforyouth@slough.gov.uk

THE CURVE sloughcvs  SLough and YOU 

Good-Luck

On behalf of the SSSN we would like to wish our departing PE Subject Leaders and Head of PE best wishes for their new adventures and a massive thank you for all their support they have shown to the SSSN and the young people of Slough over many years...Good Luck!

Wishing you a relaxing summer break!

Competition Corner

The summer term has proved to be as busy and as fun as ever.

The term started with the Infant Athletics held in St Josephs' new sports hall. Montem Academy was then successful in the Y5&6 cycling event held at Marish Primary School.

with Jason Elwell

Lynch Hill found success in the orienteering as we then moved into our first of 3 tennis events for the term. Western House defeated Lynch Hill in the final of the Y3&4 Mini Tennis.

We saw fantastic participation numbers in the New Age Kurling with St Marys tasting success as well as Western House getting another taste of victory in the Cricket Skills festival at Slough Cricket Club. We moved back toward the Athletics events with Year 5&6 Quad Kids and Y7 Quad Kids led and hosted by Langley Grammar and Herschel Grammar respectively.

After half term, Castleview qualified for the Berkshire School Games by finishing as runners up in the 3&4 Tri Golf as did Godolphin as winners, who in turn in the same week alongside Lynch Hill finished in the top 2 of the Mixed Girls Kwik Cricket event.

Cricket was still the theme but for Y3&4 this time around where Lynch Hill defeated Castleview in the final and then the very next day James Elliman qualified as winners for the Berkshire finals as well as their opponents, Castleview, once again. Tennis, back on the cards saw Western House walked away as winners before we wrapped up the completion calendar with Mini Basketball and Infant Tennis a victory for Godolphin Juniors.



As always, a huge thanks to Mars for their support



Amazing success at the Summer Games



We witnessed some amazing success in this year's Level 3 Berkshire School Games at Bisham Abbey National Sports Centre.

Cippenham Primary and **Lynch Hill** came 1st and 2nd respectively in the Quad Kids. **St Marys** came agonisingly close in the New Age Kurling event before tasting defeat in the final and finishing as Runners Up. We had representation in the Mixed Kwik Cricket and Girls Kwik Cricket from **Castlevie**, **Godolphin**, **James Elliman** and **Lynch Hill**, whose girls made the semi-finals.

Arbour Vale found success as winners in both New Age Kurling and Inclusive Zone Basketball. They also combined with **Beechwood** to participate in Unified Basketball. We had representation also in the Tri Golf from **Godolphin** and **Castlevie**; **Westgate** in the Inclusive Basketball; **Priory** in the 3&4 Mini Tennis; **Lynch Hill** for Orienteering and Cricket Skills and **Montem Academy** in the Cycling.

The Change 4 Life festival saw entries from **James Elliman**, **Claycotts**, **Foxborough**, **Wexham Court** and **Penn Wood**.

Western House followed up local successes to the county level with victories in both their events Cricket Skills and Y5&6 Mini Tennis.

Langley Academy were rich in the medals for the Indoor Rowing events with bronze being the theme between Y7&8 boys, 9&10 girls and boys. **St Bernard's** also medalled with gold in the 7&8 girls meaning all our



Littledown School Sporting Updates 2017



Over the year, pupils at Littledown School have been involved in a variety of sporting activities. These have included reward visits, curriculum activities, after school clubs and special days.



Reward activities and curriculum activities included; pedal go karting, archery, abseiling, horse riding, ice skating, swimming, mini golf, golf lessons and street dance.

Pupils really enjoy taking part in these activities and it's great to see them participating in activities that they may not always have the chance to do out of school.

Littledown have continued to run their Family Funs club in 2016-

2017. Well done to all the pupils and parents who participated!

We will be running our next course in September.

And the school also ran a sports day where every pupil participated in a range of activities and thoroughly enjoyed themselves thank you Willow School for letting us use your field!

Our Year 6 pupils also enjoyed attending the annual residential visit. This year they went to PGL in Swindon. This is a fantastic visit and an opportunity to take part in outdoor pursuit activities that provides team building and personal development opportunities.

Littledown pupils have also been enjoying Yoga sessions this term with Elaine and Jess. Thank



you!

The Year 6 class were invited to the PGA golf tournament at Wentworth Golf course. They had an hour long golf lesson with the Golf Roots project, and then got to watch some of the World's best golfers practising and warming up.



DATES FOR YOUR DIARY

- 19th Sept First Aid Course 3-6pm @ Wexham School
- 25th Sept First Aid Course 3-6pm @ Castleviev Primary School
- 28th Sept Yoga CPD 12.30-3pm @ The Studio, Windsor
- **29th Sept Primary PE Subject Leader Orientation Day 9.30pm – 3pm, venue TBC****
- 3rd Oct Year 3/4 Football
- 4th Oct NEW Maths of the Day workshop 12-3pm @Castleviev Primary School
- 11th Oct NEW Lacrosse CPD 1.15-3.15pm @ Windsor Boys School
- 12th Oct NEW Racket Pack Badminton CPD & competition Year 3/4 & 5/6
- 13th Oct real PE KS1 & KS2 day 1

Fantastic summer term for Arbour Vale

It has been another positive term for the PE Department and for our students. Ten of our Year 10 and 11 students completed their short or long course GCSE PE exam in May. Well done to everyone for their efforts and to Mr Saunt their teacher.

As part of our County Inclusion Lead role for schools, four students, (Kieran, Awais, Jaskiran and Mobeen) were chosen to attend a World Games Education and Leadership week.

It was a very successful week in Greece, and our students were very confident in working with students from around the world. They made lots of new friends, and experienced a range of leadership activities; as well as visiting several cultural and historical Olympic sites. Our students were invited to attend a Play Unified/ Special Olympics event as part of an Special Olympics International event. This allowed our students to lead and play with students from mainstream schools.

Arbour Vale students have also taken part in a Leadership Panathlon event at Surrey Sports Park. It was a great chance for our sports leaders to lead primary school students in a series of multi-skills based events. The students were a credit to the school, as always.

In the Berkshire Panathlon, held at Woodford Park in Reading, we competed well to win the event. Panathlon have now invited us to go and watch the World Para Games at the Olympic Park.

In other competitions Arbour Vale School came first and second in the Slough New Age Kurling tournament, at Herschel Grammar School. Our Girl's football team came fifth in the Reading FC tournament.

In the swimming panathlon event at Stoke Mandeville, we came third place.

Berkshire Cricket hosted a tournament at Reading Cricket Club and it was fantastic to see our students win the event. Particular mention to Year 10 student Ricky, who took a catch that was



so impressive, it would not have looked out of place in the professional game! The Berkshire School Games 2017, held at Bisham Abbey, also proved a fantastic experience for Arbour Vale students who took first place in the New Age Kurling and Inclusive Zone Basketball competitions, and fourth place in the Unified Basketball competition. We have been developing the last two sports on behalf of YST/Special Olympics as part of our inclusion role.

National School Sports week proved to be as popular as ever at Arbour Vale, with a week of activities including canoeing, cricket, orienteering, a Walk, Run, Move day and Duke of Edinburgh camp all featured in the celebration of sport.

The secondary sports day, held at TVAC was another very successful event and it was clear the students had a fantastic day, with several school records broken!

The Living for Sport programme still continues to support our students to model self- confidence, good behaviour and dedication to their studies. The Living for Sport students visited Twickenham Rugby stadium, to take part in sports activities, in celebration of Sky Sports backing of the Living for Sport programme in recent years.

It was a fantastic day and students met several famous former sportsmen and women, including former World Champion boxer, Johnny Nelson.

Later in the term there was a visit by Tony Garbett, a former Olympic rower, currently a GB triathlete. He spent a morning at Arbour Vale School, leading team building activities with our students.

Lastly, there was an invitation by the Youth Sport Trust to take 2 pupils to the Department for Education so they could talk with people about the impact being the County Lead Inclusion School has on their lives. It was lovely to hear Awais and Kieran talk so confidently about the power of PE, Sport & Leadership and how it has developed them personally.

-Matt Downey and Karen Erikson

Busy term at Wexham School

It has been a busy summer term with lots of exciting events for Wexham students in addition to our regular activities and fixtures.

Our Year 8 boys really enjoyed the opportunity to play in a softball league at the fantastic Farnham Park facility every Tuesday after school for five weeks and lots of Year 7 children participated in a live High Intensity Interval Training Session (HIIT) for schools led by 'The Body Coach' Joe Wicks.

There have been numerous primary school events that our student sports leaders have helped deliver including sports days and the annual Slough School Sport Network (SSSN) infant tennis event at Salt Hill Park.



Our girls had an awesome day at the 'Girls Active' event hosted by Slough & Eton as well as the FA girls' football festival at the new Arbour Park stadium.

Overall, it has been an excellent summer term at Wexham with great weather, lots happening and plenty of varied opportunities for our students to participate in sport and exercise beyond their PE lessons.

SLOUGH XPLORER

Facebook Twitter

Fun, Family Challenge

Throughout August in Slough

EXPLORE THE PARK, FIND THE MARKERS, COMPLETE THE CHALLENGE, HAVE FUN TOGETHER.

DATE	VENUE	MEETING PLACE	TIME	COST
Tues 1 August	Herschel Park	Kiosk Gate Entrance	11:00-13:00	FREE!
Tues 8 August	Salt Hill Park	Main Play Area	11:00-13:00	FREE!
Tues 15 August	Herschel Park	Kiosk Gate Entrance	11:00-13:00	FREE!
Tues 22 August	Salt Hill Park	Main Play Area	11:00-13:00	FREE!
Tues 29 August	Herschel Park	Kiosk Gate Entrance	11:00-13:00	FREE!

FOR FURTHER INFORMATION PLEASE VISIT: WWW.XPLORER.ORG.UK

ciaran.crean@slough.gov.uk
01753 875784

Slough Borough Council and the Slough School Sport Network are proud to launch 'The Daily Mile' across Slough.

The Daily Mile in Slough

Objective

To enable every child, every day to participate in 15 minutes of running/jogging/walking outdoors.

Concept

A route, track, path, lap or space where children can safely run or walk. Teachers choose the time for their class to down tools, get up and run/walk the route. Ideally the route is marked and allows pupils to understand how many laps/metres they've completed so they can see their own progress. There is a 15 minute turnaround time from leaving the classroom to returning. It's very slick and improves with practice. This means that pupils may actually only be on The Daily Mile for, say, ten to twelve minutes, but this is fine. Once the children are fit, they will average a mile in the time allocated.

Why this?

In the government's obesity plan they recommend that all children should engage in moderate to vigorous intensity activity for at least 60 minutes every day. At least 30 minutes should be delivered in school every day through active break times, PE lessons, extra-curricular clubs or other sport and physical activity events. The Daily Mile is one such initiative cited in the document as a way to achieve this target. The remaining 30 minutes should be supported by parents and carers outside of school time.

What impact could The Daily Mile have on my school?

- A reduction in childhood obesity 3 4
- Positive impact on self-esteem and wellbeing 5
- Positive impact on pupils' behaviour and energy levels 5
- Positive contribution towards academic outcomes (including general academia and SATs) 5
- Pupils become more alert and attentive with higher positive behaviour 5
- Creation of a new culture of self improvement of personal health within the school (students and staff alike) 5

1. The Daily Mile Foundation

2. HM:Government; Childhood Obesity, A Plan For Action, 2016

3. Stirling University; Daily Mile Early Learnings, 2016

4. England Athletics; London Primary School Running Case Study, 2016

5. London Playing Field Foundation; Coppermile Report, 2016

Slough Borough Council and the Slough School Sports Network are

here to support you and answer any questions that you may have.


Simply email timothy.howells@slough.gov.uk

For additional opportunities for your students outside of school time

simply email the Active Slough team

activeslough@slough.gov.uk


www.thedailymile.co.uk



MYTHS

— VERSUS —

FACTS



Myth "It takes too much time." **Fact** 15 minutes, no more no less.

Myth "There are too many barriers." **Fact** A holistic approach to engage all students with minimal time and crucially it's not PE. No kit, no excuses, fully inclusive!

Myth "We can't go out in the rain." **Fact** Wear a coat. It's only 15 minutes. Keep the route on a hard surface.

Myth "Our school doesn't have space." **Fact** The course can be totally flexible and can be done on a 20x20m playground! Email us for suggestions or help.

Myth "It's only for runners." **Fact** Students can walk, jog or run. It's up to them and fully inclusive.

Remember, it's not sport!

Top 10 Tips

Level of activity

1. You don't wait for everyone to complete a mile. It's about how much they can do in the 15 minutes.
2. The children are encouraged to run where appropriate but many of them do a combination of walk and run – this is fine and gives it more potential to be social and fun. It's not a competition!
3. No need to do a warm up or warm down the children run at their own pace. It's unnecessary for this level and length of activity and takes additional time.

When

4. It works best at a time of the teacher's choosing. It can be scheduled or done in response to the children's mood, but never before or after school or during break/lunchtimes.
5. It needs to be daily (at least 3x a week!) or the children will find it hard to do and won't get the full benefits.

6. It should quickly become normal practice for the children, once back in the classroom, to concentrate and focus on their work.

Clothing & Environment

7. They don't change, except into trainers if required – ideally they come into school in appropriate footwear e.g. black trainers. If it's cold or raining lightly, they wear a jacket. If it's warm they take their sweatshirt off.
8. It needs to be outside if it's humanly possible and safe.

9. If you are painting a track on the playground, try to make it wide enough for 2/3 children to run together.

Ethos

10. The children and staff 'own' their Daily Mile, and may wish to link it to learning across the curriculum to help keep it fresh and motivating.

N.B. Once your school has been doing The Daily Mile for 4 weeks, and it has become an embedded part

of the school culture, don't forget

to register your school on the participation map:

www.thedailymile.co.uk/participationmap

The Daily Mile at Priory School in Slough

Priory School were the pioneers for The Daily Mile within Slough. Starting as a pilot with specific year groups in April 2016, by September every single pupil was taking part, every single day, including children with SEN and complex needs.

The Daily Mile fits neatly into the schools curriculum and has been shown to positively impact the Physical, Social, Emotional and Mental health and wellbeing of pupils, as well as raising attainment and improving focus and behaviour.

There is no equipment, training or staff development needed.

Children run in their school clothes – no time is lost waiting while they change into kit. Trainers are allowed; some schools choose to incorporate black trainers as part of their school uniform

"Doing The Daily Mile at Priory brings a real school spirit and togetherness to the school. My favourite part of The Daily Mile is seeing the older children helping the younger children. It's so simple, yet so beneficial!" -

Lee Molland, PE Lead

"It has been great to see some of the children, who are not keen on exercise, taking part and actually running for enjoyment." -Year 5 Leader

"The Daily Mile is a fantastic initiative. Staff and children really enjoy the challenge and it has made a real difference to pupils' learning. Adopting a healthy lifestyle is something we really encourage at Priory and the Daily Mile is part of this drive. It is now part of daily life at Priory." -*Jacqueline Laver, Head Teacher*

"As one of England's largest schools it will be a beacon for schools everywhere who want to solve the childhood obesity crisis which faces this country." -*Elaine Wyllie, Founder of 'The Daily Mile'*

The Daily Mile at St Ethelbert's Catholic Primary School in Slough

"This Daily Mile will definitely help me to improve my fitness. I may even run with my mum now." -Year 5 Pupil at St Ethelbert's

Priory's full story on next page.



One school's daily mile

Priory School PE lead, Lee Molland, describes the school's experience of The Daily Mile.

Were there any problems you overcame to get started?

Convincing the whole school it was beneficial to take the time to do.

How do you make The Daily Mile work with such a large number of pupils?

It fell into place really well actually. I did an inset on The Daily Mile, that made it absolutely clear that the best way to make it successful is if the teacher takes

ownership of their own Daily Mile. The lunchtime rota changed which meant that some year groups had longer afternoons than others, meaning The Daily Mile managed to break up the afternoon.

Older year groups felt that they needed to break up their mornings as English was a long lesson and that children benefited from having a break. KS1 decided they wanted to do it towards the end of the day and enjoy going out to do it when other years are there as the older ones help the younger ones.

What benefits have you noticed since starting The Daily Mile?

Children who found it difficult at first have certainly improved and can run longer. Children like the break and settle back quickly to work.

You've shown a lot of support to other schools in helping them get started – what's your top tip for schools looking to start?

Yes, I presented to all primaries in Slough and invited them to Priory for a look and talk. We have opened our doors to numerous schools now and are working with the council to roll it out across the borough. I meet with an



SLT member and PE Lead and do a short presentation and then they watch the children in action (showcasing how simple it is).

My top tip would be to trial it with a year group, and prove how much children enjoy it by doing a simple show of hands at the end of a half term.

Priory has given presentations to 8 schools to help them get started, please contact if interested.

Where we're based:

Slough, UK

A description of our

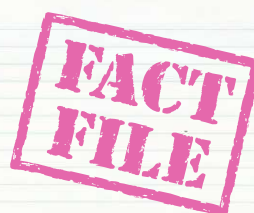
school: A large school with SEN resource

School roll: 912

Children in school doing The Daily Mile:

The whole school

Where we run: On our new path



Feedback

Y5 Leader: "I just wanted to say how much the children in Year 5 enjoy The Daily Mile. If we don't go out for any reason, they always ask why and we feel having this break in the fresh air helps them to maintain focus during the morning. It has been great to see some of the children, who are not keen on exercise, taking part and actually running for enjoyment.

This time each day, has also provided the teachers with an opportunity for time to actually talk to the children which is often hard in the busy timetable. In Year 5, we have used this time

to practise times tables with children as we walk round as well!

Thanks again for starting this worthwhile daily routine."

Resource teacher: "Great incentive, Lee! I also take my class on the track almost daily and they really enjoy walking/running on it. Thank you for bringing it to Priory."

Y2 Teacher: "Our children love The Daily Mile. It's lovely to give them time to be free! They're definitely improving their fitness as well!"



Slough School Sport Network appointed FA Girls Area Hub

Following the extremely exciting announcement of the doubling of the Primary Sport Premium funding for Primary schools from Sept 2017 we got some more good news this week!

After an application a few weeks ago we have been identified by the FA and Youth Sport Trust as a credible and valuable network within the education landscape that they wish to connect with to grow their infrastructure and therefore we have been appointed an FA Girls Area Hub Site for 2017/2018.

There have only been a few selected network's across the country identified so this is really exciting and hopefully will bring a great deal of opportunities and resources to schools to develop the girls game and help the FA increase the numbers of girls playing, leading and coaching in football.

As a hub site we will access:

- * Opportunities to work nationally with leading experts in PE, school sport and football to enhance the health, wellbeing and achievements of students
- * National recognition as a pioneering network of schools driving the girls' game forward in England
- * Direct investment to schools through training, resources, equipment and engagement with positive role models
- * Networking opportunities to share best practice; inspire learning and maximise impact
- * Opportunities for schools to attend high profile women's domestic and international football matches.

We will gain more information over the summer but we will be able to offer affiliated schools programmes and support that includes:

Active Literacy – Primary Playgrounds

- o Key Stage 1 Staff training – orientation workshops

After School Clubs (Pilot Programme 2017-18)

- o Key Stage 1/2
- o This programme is currently under development with more detailed info to come



Game of Our Own – developing life skills through curriculum PE and football

- o Key Stage 3 Staff training – character education
- o FA Secondary School Teachers Award including certificate of attendance and coaching resources
- o Game Of Our Own leadership and volunteering training and resources for Student Football Activators



Girls' Football - Youth Sport Award

- o Key Stage 4
- o Licence to run the GF- YSA
- o Staff training – orientation and planning day
- o Opportunity to nominate girls to attend one-day leadership and volunteering camp(s)

FA Education Courses

- o Key Stages 1-4
 - § FA Primary Teacher Award
 - § FA Secondary Teachers Award
 - § FA Junior Football Leaders

We will be doing this in close partnership with Berks & Bucks FA as our county organisation so hopefully some really exciting opportunities to come your way for staff and pupils!

Medals and more for Cippenham Primary School

This year has seen a number of sporting successes at Cippenham Primary School.

At level 2 competitions (Slough only) a number of runner up and first places were achieved in Boccia, Athletics and Hockey. At the Berkshire Finals Winter Games (Level 3 Berkshire region) a gold in Boccia along with a 4th place finish in Hockey were achieved earlier this year. This term has seen even more success!

The year 5/6 football team had qualified for the Slough football finals. Having won this 2 of the previous 3 years the pressure was on! Some fantastic performances, great determination and teamwork saw the team sail through the group stages unbeaten and without conceding a goal. These performances were then taken through to the semi-final and final where the team beat Lynch Hill 1-0. A total of nine games were played on the day and not a single goal conceded. Mr White and Mr Otero were extremely proud of the team as they were crowned champions and earned a shiny gold medal.

A week prior to this Cippenham Primary entered three teams into the Sainsbury School Games Quad Kids athletics team. Some fabulous performances saw two of the three teams finish in



the top 10. Second place (to Lynch Hill) for our A-Team meant they had qualified for the regional event - Berkshire Summer Games.

The team were determined to do well as this was the final event the Year 6 children (and Mr White) would be representing Cippenham Primary and Slough in. Training was taking place every lunch time for the two weeks prior (with a bit of grumbling about the 600m) and it really paid off. The team showed so much enthusiasm, determination and desire with both the girls and boys performing well in all 4 events. With the scores being announced in reverse order from 18th it got closer and closer to the medal places. Top 5 and neither of the Slough Schools had been mentioned, with teams from Windsor, Reading, Slough and Bracknell remaining Mr White and Mr Otero were biting their nails in anticipation (or stress!) It got to the final two teams, the two Slough teams Lynch Hill and Cippenham Primary School The winners were.....Cippenham

Primary!

A gold medal in the regional finals was an amazing achievement, the hard work had paid off and huge smiles were evident. Well done to all the children and adults involved. What a great way to end the year.

Live from Gothia!

As we speak a group of Year 8 and 9 football players from The Westgate School are currently competing in the Gothia Youth World Cup in Sweden with thousands of young people from across the globe.

Their 10 day football Trip to Gothenburg in Sweden started last Friday afternoon and the team had 3 days to train and acclimatise before their first game took place on Monday.

By the end of their tour they will have played a total of 3 games, 2 against Swedish opposition and 1 against Polish opposition.

Apart from the competition they have had loads of other exciting experiences: They were part of the 60,000 person opening ceremony, they've spent a day in Lisberg Theme Park and on their penultimate day they will be watching IFK Goteborg compete against Orebro SK. All these added extras are being paid through the boys fundraising efforts. They have raised a total of £2700 over the course of the year and this has been down to lots of hard work and dedicated from the boys and staff at Westgate over the year. Good luck boys!



A huge thank you to all the clubs and organisations who have helped us provide amazing high quality opportunities through PE and Sport to the young people of Slough



and for going the extra mile for us thank you to our commercial partners - we couldn't do it without you!

