

RELAY

S L O U G H
SCHOOL SPORT NETWORK

enjoy, participate, succeed

The newsletter for the Slough School Sport Network

December 2017

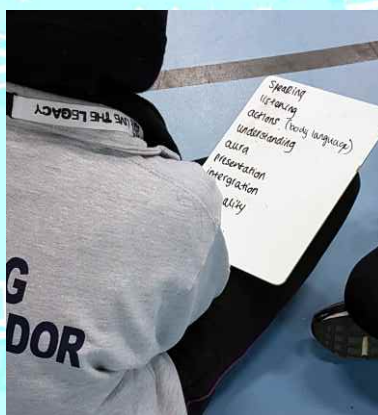
Start of an exciting new journey for new Young Ambassadors

After a hugely successful inaugural YA conference last year, 40 students gathered together again at The Westgate School on to embark on an exciting journey into leadership and volunteer skills development.

This talented group of young people, identified by their PE departments were treated to packed day of workshops, ice breakers and an inspiration keynote from the super talented Carl Konadu, CEO and Founder of 2-3 Degrees at just age 25!

Carl and his team went on to deliver a workshop to the students entitled 'Fail Big!' enriching the YAs skills to handle and deal with failures they may encounter and how, in every situation, something good will come of it!

We were also fortunate to have our own Jason delivering a great session on



Communication and the Power of Language. The Active Slough team shared with the YAs exciting volunteering opportunities, courses and qualifications available to all the YAs to grab!

We were also treated to a rare return visit from our very own former YA Fadumo Olow who shared her journey so far and some top tips with the new recruits.

The day was a true team effort and massive thanks go Mr Root and the team at The Westgate School for hosting us, Carl and the 2-3 Degrees team, Active Slough (Ciaran & Gavin), Jason, Fadumo and the students from

St Bernards, Eden Girls, Westgate, The Langley Academy, Slough & Eton, Arbour Vale and Wexham and their dedicated staff for supporting them.

Watch this space for their latest adventures.....

On behalf of the SSSN board we wish you all a happy and relaxed Christmas and here's to a very exciting 2018!

New Year...New School Games Organiser for SSSN!

I am so so excited to finally be able to confirm after a long recruitment process (rudely interrupted by Ofsted and snow!) from a field of 25 candidates we have recruited our new SGO!

After coming through a competitive field I am very pleased to confirm Yolanda Gutteridge has accepted the post of School Games Organiser and will officially start this role on 1st February.

Many of you will have come across Yolanda already as she has been providing some fantastic support to me and the Network over the last 3 months so the great news is she will be able to hit the ground running. She has a vast amount of experience with schools, events, competitions, working with partners and NGB and think she will be a perfect fit for the SSSN. I know you

will join me in welcoming her when you meet her!



Yolanda Gutteridge

This does also mean that after an amazing year of doing the SGO role as our maternity cover Jason Elwell will be leaving this role to concentrate on the In School Support the SSSN will provide to schools and his new role as a Create Development tutor.

Jason has done an outstanding job while Laura G was on maternity leave and I know you will all want to thank him for doing a fantastic job and making sure your children have had some amazing experiences through the events and competitions.....THANK YOU! Lastly I will be returning to the SSSN full time from 1st Feb too so it's all go in the New Year!

Laura x

Dancing, football and Family Funs at Littledown



Littledown have continued the huge success of their Family Funs Club with this being their fourth course taking place in the last two years. There are four families attending the current club on a weekly basis from 4pm until 5pm. They are all enjoying the course and love working together.

Yr 6 have been practising their Yoga skills and have been working with 4Motion Dance Theatre Company.

Yrs 3 and 6 have been practising their dancing skills. They have been working with students from Creative Dance Academy.

Every Wednesday this term Key stage 2 classes have been doing football skills sessions with Jonathon House, FA Skills coach.

Yrs 3 and Yr 5 took part in a Slough Schools Boccia tournament which had 32 teams taking part. The Yr 5 class won the tournament and will represent Slough in the Berkshire School Games in March 2018. Well done boys!

And finally the year 3 and 4 took part in the Slough Change 4 Life event which they thoroughly enjoyed.



Competition Corner

It's been an amazing Autumn Term full of some amazing competitive

opportunities for our schools. Our first competition was the Yr 3 & 4

Mixed Football festival hosted by Penn Wood School. Eventual winners Parlaunt Park will be representing Slough at the Berkshire School Games.

Our next competition was **Badminton** and was hosted by Langley Grammar School with the new **Smash and Tink** formats which are for KS2 and KS1 respectively.

The **KS1 Tink festival** saw schools participating in a skills based circuit. The **Smash festival** for KS2 (Yrs 3 & 4) saw Lynch Hill battle on to win in the final. The whole day was led by leaders from Langley Grammar and supported by Badminton England.



MARS VOLUNTEER PROGRAM

This calendar year we have paid a particular focus to infant opportunities and first off was the first ever **Year 2 Cricket Skills Festival** which was led and hosted by Eden Girls School.

As with all our Cricket opportunities we were also



supported by **Berkshire Cricket** and **Chance to Shine**. We had 12 schools take part in morning and afternoon sessions participating in Cricket Skill based activities.

We returned to Eden Girls the following week for the first of

Change 4 Life

festivals for Yrs 3 & 4. Eden Girls leaders once again did a magnificent job of leading 10 personal best activities for 11 schools.

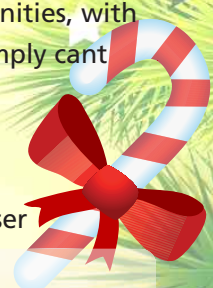
Herschel Grammar was our next venue for one of the highlights of the competition calendar: **Sports Hall Athletics** for both Yr 3 & 4 and Yr 5 & 6. With leaders from Herschel Grammar ably officiating we saw 12 schools take part in the Yr 5 & 6 format and 11 for Yr 3 & 4 with Lynch Hill coming out as winners in both age groups.

Littledown were crowned this year's **Boccia** champions after defeating a very strong Priory side in the final at Westgate School. Our last competition that we have run this term was the **Yr 8 Sports Hall Athletics** which was attended by a **record 11 schools**. Congratulations to St Joseph's Boys and St Bernard's Girls who were winners in their respective competitions.

Our thanks and congratulations go to all the pupils and school that have taken part in these competitions this term. Our extended thanks and appreciation go to the school and leaders that have supported these opportunities, with this support these opportunities simply can't happen.

Jason

Jason Elwell, School Games Organiser



In School Support

The following schools have been receiving some In School Support to help develop their PE and Sport opportunities, not only for their pupils but just as important, supporting the staff to develop their skills and confidence to make PE an integral part of the curriculum in their schools.

Support has come in many forms such as Whole

School Insets, Team Teach sessions, subject audits, PE, Sport and Health evidencing with the Create Development Wheel or working closely with the head teacher and subject leader to develop an action plan for the academic year. Schools that have benefited from the support are: Western House, Cippenham Primary, Cippenham Infants, Colnbrook Primary, Priory and St Ethelbert's.

Bumper Time For PE Funding!

Over the summer of 2017, the DoE announced that they would be doubling the primary sport premium funding for primary schools to a lump sum of £16,000 plus £5 per pupil, which is great news for PE and school sport.

In October they finally released full details of when schools will receive their funding, reporting requirements and also what schools can and can't spend the money on.

Some key info on what you can/ can't spend the PSSP on, Ofsted inspections and the new swimming reporting are detailed below:

How to use the PE and sport premium

Schools must use the funding to make additional and sustainable improvements to the quality of PE and sport you offer.

This means that you should use the premium to:

- develop or add to the PE and sport activities that your school already offers
- build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years

There are 5 key indicators that schools should expect to see improvement across:

- the engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school
- the profile of PE and sport is raised across the school as a tool for whole-school improvement
- increased confidence, knowledge and skills of all staff in teaching PE and sport
- broader experience of a range of sports and activities offered to all pupils
- increased participation in competitive sport

For example, you can use your funding to:

- provide staff with professional development, mentoring, training and resources to help them teach PE and sport more effectively
- hire qualified sports coaches to work with teachers to enhance or extend current opportunities
- introduce new sports, dance or other activities to encourage more pupils to take up sport and physical activities
- support and involve the least active children by providing targeted activities, and running or extending school sports and holiday clubs
- enter or run more sport competitions
- partner with other schools to run sports activities and clubs
- increase pupils' participation in the School Games
- encourage pupils to take on leadership or volunteer roles that support sport and physical activity within the school
- provide additional swimming provision targeted to pupils not able to meet the swimming requirements of the

- national curriculum
- embed physical activity into the school day through active travel to and from school, active playgrounds and active teaching

You should not use your funding to:

- employ coaches or specialist teachers to cover planning preparation and assessment (PPA) arrangements - these should come out of your core staffing budgets
- teach the minimum requirements of the national curriculum - including those specified for swimming (or, in the case of academies and free schools, to teach your existing PE curriculum)

Ofsted inspections

Ofsted assesses how primary schools use the primary PE and sport premium. They measure its impact on pupil outcomes, and how effectively governors hold school leaders to account for this.

You can find details of what inspectors look for in the 'effectiveness of leadership and management' section of the 'Ofsted schools inspection handbook 2015'.

Online reporting

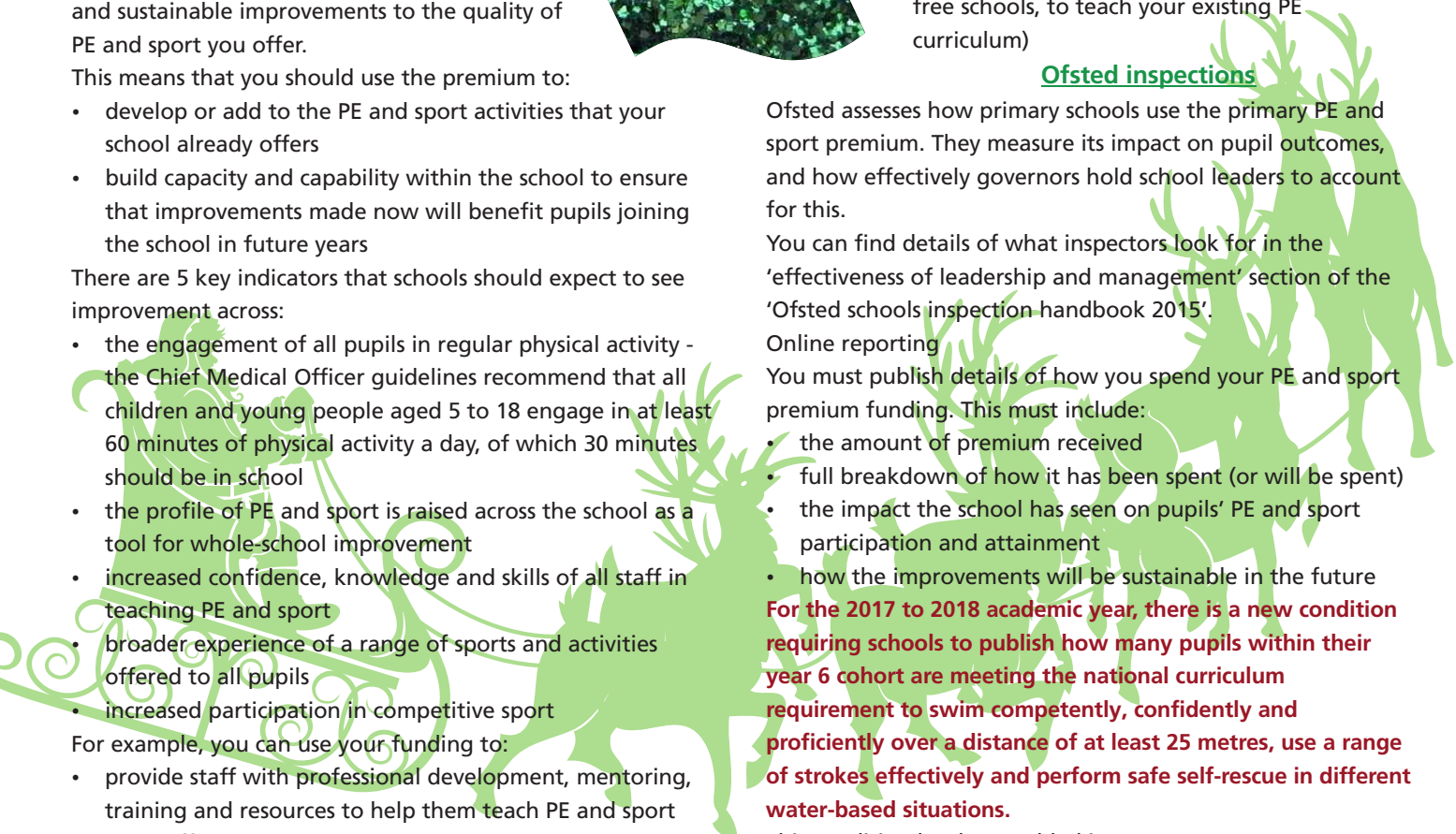
You must publish details of how you spend your PE and sport premium funding. This must include:

- the amount of premium received
- full breakdown of how it has been spent (or will be spent)
- the impact the school has seen on pupils' PE and sport participation and attainment
- how the improvements will be sustainable in the future

For the 2017 to 2018 academic year, there is a new condition requiring schools to publish how many pupils within their year 6 cohort are meeting the national curriculum requirement to swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively and perform safe self-rescue in different water-based situations.

This condition has been added in response to recommendations from the Swim Group, who reviewed curriculum swimming and water safety in primary schools. You can get advice and resources to help deliver swimming lessons successfully in primary schools.

If you need any further support on Primary Sport Premium Funding, the Slough School Sport Network is always happy to come in and support you in any way. Included within your affiliation package is advice and support around your online breakdown and impact statement PLUS Don't forget it also provides you with full access to the PE, Sport Premium and Health wheel which will 100% be able to demonstrate full impact of your PSSP spend, progress you have made and your plans for the future/ target areas and we know where the wheel has been seen before by inspectors this has been looked on very favourably by Ofsted as a robust tool to demonstrate impact and evidence of the spend.



Western House Academy pleased with their successes

Western House Academy entered the Year 3 and 4 Badminton Competition at Herschel Grammar School.

Both A and B teams progressed through to the semi-finals with team A finishing 3rd and Team B finishing 4th.

Our Year 5 and 6 Girls' football team made it to the final of the Danone National Cup in a competition that was of a high standard and followed an impressive display. We finished the tournament as runners up. We were so proud of the team for making it to the final.

During the first Indoor Cricket Event, held at Eden Girls School, our Key Stage 1 team, many of whom were taking part in their first competition, showed great enthusiasm and came 2nd in the competition.

Two teams from Years 3, 4, 5 and 6 entered the

Sports Hall Athletics Competition at Herschel Grammar School. Our Year 3 and 4 team came 2nd, which is our best achievement for this competition. Our Year 5 and 6 team came 4th out of the 12 schools who entered the competition.



Year 3 & 4 Sports Hall Athletics Competition

We recently competed at the boccia competition held at Westgate School. For some of the children it was the first event they had participated in and it was a joy to see their smiles as they arrived back at school with their medals.

We would like to thank The Slough Schools Sports

Network for giving us the opportunity to compete in these fantastic competitions. The children enjoy every element of the competitions, from the training to returning to school to show off their medals. - Mr Watson – PE Lead



SAVE THE DATE

Get Berkshire Active (the County Sport and Physical Activity Partnership for Berkshire) will be running its first ever Physical Activity Conference for Primary Schools on April 18th at Sindlesham Court, Wokingham

Maximising your Primary PE and School Sport Premium will give you the opportunity to:

- Hear from national experts in the field
- Receive key updates
- Speak to a wide range of providers and equipment suppliers
- Network with colleagues from around the county

Already confirmed

- Dr William Bird MBE Founder of Intelligent Health – William will focus on the science and medical reasons of why pupils should be encouraged to engage in Physical Activity
- Sue Wilkinson MBE Strategic Lead for the Association of Physical Education -Sue will talk about accountability and evidencing impact for schools around the PE and School Sport Premium
- Derek Peale Headteacher of Park House School Newbury and



Calling all Primary School Headteachers, Governors and PE Subject Leaders

Chair of the Berkshire School Games Local Organising Committee – Derek will talk about the wider benefits of PE, Physical Activity and School Sport to pupils and achieving whole school outcomes

Further details including how to book on will be released in early 2018 so watch this space
<http://www.getberkshireactive.org/1480/get-support/primary-school-sport-premium/>



****New Offer** Free squash in-school taster session**

Rob Beaumont from England Squash is offering Slough primary and secondary schools a free in-school squash taster session and further coaching - all equipment provided!



Aim: To demonstrate and coordinate the sport of squash that would usually be unavailable to schools by using portable equipment to practically exhibit squash in PE lessons or after-school.

Offer:

1. The Coach will be available to visit any given school using "Rebound walls" during a PE lesson or after school to demonstrate squash skill.



2. One Free taster session is available to any school in the Slough area with the aim of getting more children involved in squash at local clubs and leisure centres.

3. Rebound walls are collapsible walls designed to allow for up to 4 children to play Squash-like rallies and games at once. This equipment is provided by the coach and use of it is free of charge. Rackets, balls and

eye-protection are all provided by the coach.

4. Schools will be offered the chance to hire a coach and the equipment after the free taster session at a reduced rate for a course of weekly lessons. Courses are offered in half or full-term blocks and are recommended to last between 2-3 hours to allow for multiple classes to participate

Contact details for Coaching in Slough:

Rob Beaumont,
beaumontsquash@gmail.com
07980 958 417

Please note: bookings start from December 2017

Full Squash courts are also available for hire at Thames Valley Athletics Centre.



COMING SOON

17th Jan

PE Subject Leader

Twilight Session

18th Jan

Infant Legacy

23rd Jan

real PE day 2

25th Jan

Yoga and Mindfulness

CPD

26th Jan

Year 5/6 In2Hockey

9th Feb

Secondary Indoor

Rowing



Iqra Sports Round-up

Iqra are very proud to have been awarded the Sainsbury School games **GOLD** kite mark for the third year in succession. All the pupils love participating in sport and inspire to be the best they can be.

Pupils entered the Indoor Cricket festival hosted at Eden Girls school. They had to compete against other schools from Slough in four exciting challenges testing the pupil's agility and co-ordination skills. And they had won! Everyone had an amazing time and want to play more Cricket.



A group of students went into the forest at Black Park and discovered a whole new world of fun and adventure. They climbed up nets, bounced high above the trees and slid down big scary slides. At first everyone was a bit nervous as they were so high up but as time went on everyone soon overcame their fears and had a super cool time.



Eight exciting challenges were presented to pupils took part in a Change 4 life fun festival. Everyone had to beat their own personal best and had a great time and leaving with smiles on their faces.



Pupils are enjoying the after school Netball club lead by a professional coach. The pupils are learning all about different types of passes, positional play and tactics. Everyone is having a great time.

A group of pupils learned about riding their bikes safely and had to pass different skills tests such as: indicating, changing pace and braking before being



allowed onto the main roads. Once on the road the pupils learnt how to ride safely in the traffic. All the pupils on the course passed and



had a great time.

Iqra took part in a badminton festival, competing against other schools from Slough. After playing well, they all received medals and certificates which they proudly showed off in assembly.



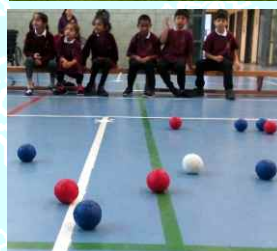
Reception and Yr 1 pupils are enjoying learning all about gymnastics. Nicola, a professional coach, is coming into the school to deliver lots of fun sessions. The pupils are learning about movement patterns and how to balance on different pieces of equipment.

Girls took part in training and playing matches



with each other during the Girls F.A. Football week. They are all looking forward to

playing their next match against another school and just love playing football.



Pupils took part in the Boccia festival being hosted at Westgate school. The pupils had to get their ball as close to the jack as possible in order to win.

An Outdoor Education Programme run in



partnership with the Berkshire College of Agriculture is giving pupils experience lots of

different activities ranging from orienteering and bush craft to rock climbing.



www.usgirls.org.uk

Junior Netball

@ Montem Leisure Centre

Montem Lane, Slough SL1 2QG



Have fun and improve your netball skills in a supportive, welcoming and friendly environment.
Hosted by *Slough Netball Club*, all ability levels welcome!

Every Monday from 8 January
to Monday 26 March 2018
11-16 year olds, 18.00-19.00

 01753 875784

 activeslough@slough.gov.uk

 Slough Netball Club

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Active Slough



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With



Launching The Daily Mile at St Anthony's



St Anthony's Catholic Primary School recently launched The Daily Mile in the school. We introduced the initiative into our school life in the weeks before.

We celebrated the launch of The Daily Mile by having a whole school assembly followed by everyone participating in a lap of the track.

Timothy Howells, Slough Borough Council Public Health Programme Officer, attended the celebration helping to introduce the theory behind The Daily Mile. All children and staff really enjoy doing The Daily Mile and have welcomed the initiative.

"I really enjoy The Daily Mile because it's fun, I can have a chat with the children and I am getting fit at the same time." Class teacher

"I love it..." pupil

"It's the best idea to do it..." pupil

"Gives you exercise..." pupil

"Helps my running..." pupil

"It's really fun, I think it's really good that children have time at school to run and enjoy themselves." pupil

"The children are really engaged to learn on return of The Daily Mile." Class Teacher



Chance To Shine teaching resources

Chance to Shine have created a powerful bank of free resources for primary schools, so teachers can lead their own cricket sessions with confidence.

Chance to Shine has introduced the game and its educational benefits, to more than 3.5 million boys and girls in 14,000 state schools, since 2005.



resources for you and your school.

Much as we'd like to, we can't deliver the programme directly in every school. We know that many teachers are keen and able to offer cricket themselves. These resources will help you to do that; and you don't need to have any prior knowledge or be a cricket expert to share the

fun!

For more information on Chance to Shine or this great resource please feel free to contact Mark Foster at the Berkshire Cricket Foundation
mark.foster@berkshirecricket.org



That's a lot of playing and learning, and along the way we've learned a lot about how the game can inspire, engage and develop young people of all abilities.

Now, for the first time, we have captured, documented and shared our learning. We have created a powerful bank of free



New for
2018

Active Slough



BASKETBALL

IS BACK IN TOWN



Where? **St Josephs School**, new sports hall
49 Shaggy Calf Lane, Slough SL2 5HN

When? **Mondays** - two sessions
19.00-20.00 Boys Teen Basketball session
12-17 year olds
20.00-21.00 Men's Club session

Cost? **£3** Get Active 12-17yrs
£5 Men's Club

For more details please contact the Active Slough team on:
 activeslough@slough.gov.uk  01753 875784

  ActiveSlough