

Active Shirley!



October 2019

Welcome to the first news of this year. The aim of Active Shirley is to promote activity both in and outside of school.

As a school, we want to support our children to be active and healthy. We have been supporting this through increasing the opportunities for Shirley children to be active through their school day and at home. The newsletter aims to celebrate activities and provide ideas on fun ways to keep active.

The Government school sport and activity action plan has been created to ensure that sport and physical activity are an integral part of both the school day and after-school activities, so that all children have the opportunity to take part in at least 60 minutes of physical activity every day.

<https://www.gov.uk/government/publications/school-sport-and-activity-action-plan>

Why do we need to be Active?

- One third of children are overweight or obese by the time they leave primary school.
- Physical activity is a key part of developing a healthy lifestyle.
- Physical and mental health are inextricably linked; numerous studies confirm a positive association between physical activity and increased self-esteem, emotional wellbeing and future aspirations, and physical activity is also associated with lower levels of anxiety and depression.
- Children who are physically literate are happier, more resilient and more trusting of their peers.
- At least 60 minutes of physical activity every day will lead to important health, wellbeing and educational outcomes.
- The role of parents/carers is crucial in encouraging and supporting children to develop healthy habits that will benefit them throughout their lives.
- Sport and physical activity are one of the Department for Education's five foundations for building character, and can help young people to develop skills such as confidence, self-belief, dedication and resilience. Sport also instils values and virtues such as friendship and fair play.
- The more of the five elements of physical literacy (enjoyment, confidence, competence, understanding and knowledge) children have, the more active they are. Physically literate children do twice as much activity as others, and children who have all five elements of physical literacy also report higher levels of happiness, social trust and resilience

Shirley Junior School active opportunities:

There are many opportunities for the children to be active at school, including The Golden Mile, PE and sports lessons, Team Spirit lunchtime games, dance and performances amongst many others. Ask your children what they have done that is active in their day!

Autumn Term - Sports News:

This term we have already been involved in some inter-school football and cross country events. In total approximately 70 children have participated! Win or lose, everyone tried their best and were proud to receive their rainbow effort stars 😊

Opportunities coming up:

Table Tennis

Athletics

Basketball

One more cross country (anyone welcome – just turn up!)

If your child is interested in any of the above, make sure they listen out for information and take a permission slip if required.

Participating in these events relies heavily on the help of parents to transport the children to and from the venues across Southampton, so if you are able to help at all, please do!

We are hoping to begin fundraising for a minibus shared between our JET schools in the near future.

Activity ideas:



<https://www.parklives.com/councils/southampton>

Southampton city council in association with coca-cola are continuing to provide free opportunities for getting out and active in our local parks. This term there are after-school fun sessions in St James park and other locations, plus Zumba, couch to 5K, dodgeball, tennis, foot tennis and handball amongst others. They are generally all open to all of the family and the instructors are fully qualified and keen to help you enjoy your time in the parks. Check out the link above to see what is on offer for you!

Parkrun/Parkwalk

www.parkrun.org.uk – a free, timed weekly 5k run, jog or walk around Southampton Common every Saturday morning at 9am. No experience needed – either turn up (with printed barcode – see website) and run or walk, or contact the team in advance and you can help out as an official volunteer. Not only free, but free t-shirts available once you've completed a certain number of events.

Junior Parkrun

www.parkrun.org.uk/southampton-juniors - a 2k event as above for 4-14 year olds (accompanying adults permitted) every Sunday 9am at Riverside Park. Last year we had 2 successful 'takeovers' of the junior event – providing all of the volunteers to enable the event to run, and resulting in lots of new parkrunner from Shirley. We are planning another takeover in the next couple of months, so please support this if you are able.

Southampton Bike Park

Located at Southampton Sports Centre, this is a purpose-built mountain bike track. It is a safe training environment for riders of all ages and abilities with something to challenge everyone, and can be used for free.

The Active Shirley Team

Contact and further information available on our dedicated facebook page:

<https://www.facebook.com/groups/221641428222804/>