



# Chester SSP



## Newsletter



October & November 2015

Welcome to the latest edition of the Chester SSP newsletter, we have had a fabulous start to the autumn term with several pupils attending the Games Maker Conference in Wilmslow, and then our tag rugby competitions for year 3&4, 5&6. The tag rugby is one of our biggest events involving over 58 school teams and 564 participants. If you attended one of the above events and you need more certificates for your players, please contact us and we will post them to you.

The Chester School Sport Partnership website is now live. Here we have information on competitions, leadership, School Games Mark, Change 4 Life, CPD and lots more. From now onwards if you wish to enter a sports competition, please can you do so on line: [www.chesterssp.co.uk](http://www.chesterssp.co.uk).

Entries for competitions in the Spring term will open in January.

### Saughall All Saints win again!

Congratulations to Saughall All Saints Primary School for winning £400 worth of vouchers for their school to spend on sports equipment from the Youth Sport Trust.

This was a direct result of the school blogging on the Your School Games website about their Sainsbury's School Games Day last term ([www.yourschoolgames.com](http://www.yourschoolgames.com)).

It only takes a few minutes to enter a blog about something you are doing in your school and you could be in with a chance of winning vouchers just like Saughall All Saints.

Why not get your Young Ambassadors to write a short blog that can be added onto your school page of the website? It can also be uploaded to your school website or school newsletter to share with parents and members of the community.

### School Games Mark 2014-2015.

Thank you and congratulations to the following schools who have applied for the 2014-2015 School Games Mark since September's newsletter:

Huntington Community Primary School (Silver), Acresfield Primary School (Silver),

Oldfield Primary School (Silver), Belgrave Primary School (Silver),

Chester Blue Coat Primary School (Silver), Newton Primary School (Bronze).

In total our schools have achieved: 7 Gold, 8 Silver and 2 Bronze awards !

This is a record number of School Games Mark Awards that we have achieved, so a big thank you and well done to all the schools involved.

If your school is aiming for a bronze award next year, or a higher award to the one that you have achieved this year, why not put the criteria for the next level down in your School Development Plan for 2015 / 2016?



## Go Ride Equipment

We have a Go Ride Equipment Bag for cycling which we are going to be giving away. If your school is interested in having the equipment bag, all we are asking you to do it to contact us with a summary document on how, when and who you plan on using the equipment with.

All schools are able to send in an entry (primary / secondary / special / academies / independent). The school with the application which shows the greatest impact / usage plan will be awarded the equipment bag.

Please can you send your summary document to Elizabeth Newstead by Friday 20th November 2015.

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## Saughall All Saints children attend YST Peer Leader Training

On Monday 14th September eight excited year 6 children headed off to The University of Central Lancashire with Mrs Ashdown and Mrs Cook to attend Young Ambassador Peer Leader Training run by The Youth Sports Trust.

Halle, Chloe, Megan, Tilly, Elliot, Alex, Harrison and Finn were great sporting role models and learnt lots about leadership and how to inspire other children to become active for life. The children and teachers were inspired at the start of the day by meeting two Olympians who shared their sporting stories about who had inspired and influenced them along their journey to the top of their chosen sport.

Since then the young leaders have returned to school and worked tirelessly as a team to organise and successfully run their first Level 1 handball competition during playtimes for children in y5 and y6. They have had the task of organising and leading the activity, organising resources, promoting the competition in assemblies and announcing the overall house winners!

Mrs Cook said this is "a superb effort from all our young leaders and a massive well done to all of the children who have taken part in the first of many intra school competitions this year."

Pictured: Saughall All Saints 8 Young Ambassador Peer Leaders with Guest Speaker Judo Olympian, Sophie Cox.



## Games Maker Conference - Saturday 3rd October

Congratulations to the following leaders who were selected from their schools to attend the County School Games Maker Conference on Saturday 3rd October at Wilmslow High School:

### Coaches:

Ben Grinter (Tarporley High School)  
 Josh Martin (Dee Banks School)  
 Laura Roberts (Christleton High School)

### Umpires:

Jack Millington (Tarporley High School)  
 Tanya Palmer (Dee Banks School)  
 Ewan Bradley (Christleton High School)

### Young Ambassadors:

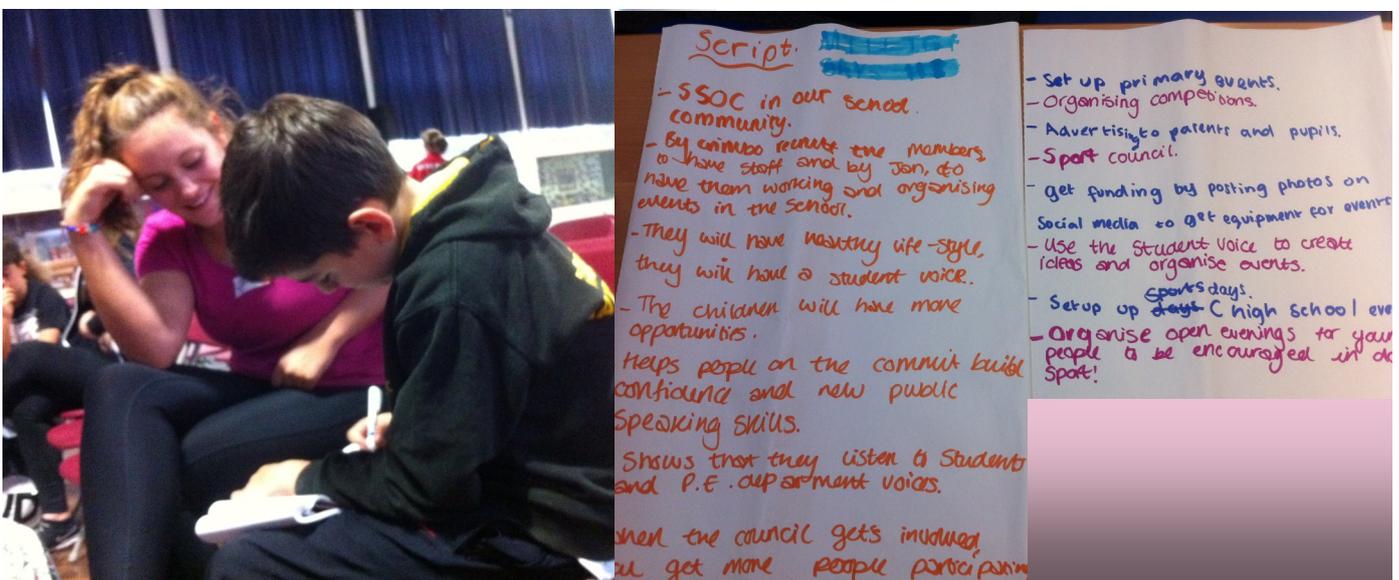
Andy Prigg (Tarporley High School)  
 Jade Ward (Catholic High School)  
 Kallum Storey-Hawkes (Dee Banks School)



There were over 70 young people present on the day from across Cheshire which was supported by World In-line Skating Champion Jenna Downing.

The Coaches and Umpires attended workshops on: How to be an assertive coach / umpire, Physical Literacy and Top Sportsability. The coaches / umpires gained essential skills that will be useful when helping at school and community sports sessions, competitions and events. The leaders have now been given an action plan on how to continue to develop in their role at school.

The Young Ambassadors attended workshops on: Social Media, School Games Organising Committees and Public Speaking. The Young Ambassadors have now been tasked with setting up a School Sport Organising Committee at their school.



## The Reward & Recognition Scheme is back for 2015/2016.

### What is the Reward and Recognition Scheme?

The School Games is inspiring and involving more young people than ever before in school sport and competition. To celebrate, showcase and share this positive impact there's an exciting opportunity to win prizes for schools through the School Games Reward and Recognition Scheme.

The spotlight in term 1 of 2015/16 is 'Why Competition?' By this we mean how is the School Games and competitive school sport supporting and having a positive impact on whole school ethos in your school? We hope that you'll consider incorporating the following list of key words and phrases into your blog entries: participation, impact, values, achievement, aspirations and confident students.

You have until midnight on Thursday 03 December to submit your entries on the School Games website.

### What can I win?

The 200 winning schools - which will be picked at random on 29 January 2016 - will receive an amazing competition pack - such as the one pictured below...

In addition, two lucky schools will also win a visit from a world class athlete! These two schools will be selected based on the quality of their personal profile pages. See the terms and conditions on the School Games website for full details. ([www.yourschoolgames.com](http://www.yourschoolgames.com)).



### What should I blog?

The criteria is not strict. As long as your content is related to the identified theme and categorised correctly (by selecting the necessary drop down box), you'll be entered into the competition.

Primary and secondary schools can blog on their school page of the School Games website, why not use it as a news feed for all the sporting activities that are going on in your school!

You do not need to do the blogging yourself, the schools that are winning the national prizes are where the children themselves are blogging.

If you would like to see a copy of the school guide to blogging, please look on the School Games website or contact Claire Smedley / Elizabeth Newstead to request a copy.

[www.yourschoolgames.com](http://www.yourschoolgames.com)

## Year 3&4 Tag Rugby Mega Fest.

On Thursday 15<sup>th</sup> October Chester Rugby Club hosted our annual Tag Rugby Megafest for Chester primary school children in Years 3&4. The event saw 28 teams competing with over 250 children taking part.

The pupils started off with a skills session run by coaches from CEPD and students from Chester University, which included lessons on passing, tagging, positioning and running. They then took these skills into a games situation where they played against other schools.



Rugby leaders from Christleton High School helped to referee the matches and did a great job.

Claire Smedley said "It was great to see so many children take part who had never played rugby before. The theme of a megafest is non-competitive however one school team performed their own version of the Haka before one of their games getting into the spirit of the Rugby World Cup".



## Tag Rugby Competition Year 5&6.

Chester Rugby Club hosted the Year 5&6 Tag Rugby Competition on Thursday 22nd October. We had another fantastic event with 30 school teams taking part, from 20 schools and 314 children taking part. There was an 'A' and a 'B' team competition where the 'A' team winners will get selected to represent Chester at the Cheshire and Warrington School Games in spring next year. Once again we had some amazing referees from Christleton High School, West Cheshire College, Chester University and CEPD. Thank you to all the referees and to the Rugby Club for such a great event. All the children had a fantastic time and there was a good standard of rugby being played by all the teams.

In the 'A' event we had 17 teams taking part. It was a tough competition with Chester Blue Coat, Overleigh, Delamere and Tattenhall all winning their groups to get through to the semi-finals.

Overleigh and Tattenhall won their semi finals and played each other in the final.

Overleigh won the final in fine form and will represent Chester schools at the Cheshire and Warrington Winter School Games. Congratulations and we wish them the best of luck!



In the 'B' event we had 13 teams taking part. Winners of the group stages were Delamere, Christleton, Hoole and Saighton, who all played in the semi-finals.

Delamere and Hoole won their semi-finals and played in a close final game.

Hoole had a strong team against the tough competition of Delamere, and were crowned winners of the 'B' event.

Congratulations and well done to all the teams that took part in the competition. A thank you also to the teachers and parents for supporting one of our biggest events of the year.



## Tag Rugby Competition Year 5&6 cont'd.



## Playground Leaders Course—October Half Term.

On Thursday 29th October 38 children in years 5&6 from 12 Chester primary schools, gave up a day of their half term holiday to attend the Playground Leaders Course at Blacon High School.

Here they learned about good and bad qualities of a leader, and how to work as a team. In the afternoon they learned how to plan safe and appropriate playground activities for children in Key Stage 1. They designed and tested games that can be delivered to children in their schools using basic equipment that can be found in most primary school sports equipment stores.

The children were given a comprehensive booklet full of interesting and exciting games and activities that they can now try out at their school during lunch and play times.

The children have now been tasked with going back to their primary schools to speak to their Head Teacher / PE lead / Class Teacher on how they can use these new skills during play times and deliver activities to the younger children.

Thank you to Judith Gilmour and Tom Mulligan from CEPD for helping to deliver the training and also to Blacon High School for hosting the course.



## Change 4 Life: A Case Study.



# Primary Change 4 Life Sports Club Dee Point Primary School

**Change 4 Life Club details:** The club is called the Change 4 Life Club.

**Day and time of the week you run the club?** – Fridays 3.15pm – 4.15pm. Free of charge to the pupils.

**What theme does the C4L club have?** – Flight.

**Average number of children who attend the club each time?** 15-20.

**Who is the club deliverer?** Nikki Harris.

**How many sessions / weeks does the club run for?** Children attend for the whole term.

**How have you targeted the group, and the Year Group of the children who attend the C4L club?** – 3&4. Last year, in the first term twenty children (girls) were hand picked in pairs with a friend. Some were overweight and others were non-participants in sport and had not represented their school. In the second term, the children from the first term could choose to come back. The club was then opened up to others, now some boys take part and also those in competitive sports.

**Have you included any other activities?** Warm up activities such as cat and mouse, crab ball, swiss ball, rebound targets etc. Other games activities. Circuits with different work stations (originally with their partner, but now they can choose where they start).

Log books are being completed.

Jugs of water are put in the room to allow the children to help themselves. Change 4 Life healthy eating messages are given at every session. One child whose mother works at the school is even going home and telling her to eat more healthily!.

Fruit from the fruit trolley at the school reception which would otherwise be thrown away is given out in the club.

Sports Ambassadors and leaders help with the club.

**Have you seen a change in the children?** Some of the children are participating more in sports, are more confident and taking part in other activities.

Contact should any other school wish to contact you about your Change 4 Life Club: Nikki Harris.

## Change 4 Life: A Case Study—photos.



## Dates for your diary 2015-2016

### October

Primary Schools

Secondary Schools

Primary &amp; Secondary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
12	13	14	15 Year 3&4 Tag Rugby Competition	16
19	20	21	22 Year 5&6 Tag Rugby Competition	23
26 Half term	27 Half term	28 Half term	29 Playground Leaders Course	30 Half term

### November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5 Bronze & Silver Young Ambassador Training Day	6
9	10	11 Year 5&6 Quick Sticks Hockey Competition	12	13
16	17	18	19	20
23	24	25 Sitting Volleyball Competition	26	27
30				

### December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21 Christmas Break	22 Christmas Break	23 Christmas Break	24 Christmas Break	25 Christmas Break
28 Christmas Break	29 Christmas Break	30 Christmas Break	31 Christmas Break	



**Chester School Sport Partnership**  
**Blacon High School**  
**Melbourne Road**  
**Blacon, Chester**  
**CH1 5JH**

**Phone: 01244 371475 ext 102 / 138**

**Fax: 01244 374279**

 **@ChesterSSP**

**School Sport Managers:**

**Claire Smedley & Elizabeth Newstead.**

[claire.smedley@blaconhigh.cheshire.sch.uk](mailto:claire.smedley@blaconhigh.cheshire.sch.uk)

[enewstead@blaconhigh.cheshire.sch.uk](mailto:enewstead@blaconhigh.cheshire.sch.uk)



***‘Providing opportunities for every young person to shine’***

## Inclusive Heath Check

This resource has been designed in partnership with the English Federation of Disability Sport (EFDS) and allows you to self-review your provision of inclusive School Games opportunities.

Like any form of self-review process, working through the questions will help to establish areas of strength and those in need of development. More importantly, as you go through each question, you will be provided with a series of points for action/consideration and ‘top tips’ from YST Lead Specialism Partner Schools for Inclusion (Project Ability) based on your response.

This will form the basis of a differentiated action plan tailored to each user. At the end of the process, you will be able to download and save your Action Plan.

Just click onto your School Page on the School Games website to complete the check.

If you need any assistance please contact Elizabeth Newstead.



**@ChesterSSP**

Don't forget to follow us on Twitter for all the latest pictures and updates from the SSP!