



Newsletter



December 2015

Welcome to the December edition of the Chester School Sport Partnership newsletter. Many thanks for your support in our events and programmes, we can't believe how quickly this term has gone!

Our website is now taking entries for all the competitions in the Spring term. The deadline for each competition is a week before the event itself. If you are struggling to find the event that you want to enter, just visit the 'calendar' tab at the top of the home page and select the date and month of the competition that you want to enter. You will then be able to enter the event.

Don't forget the prize draw to win a set of Samba Goals takes place the last week of the autumn term. As well as meeting the criteria for the award, you must also send in your participant data for your Change 4 Life Club (primary and secondary schools) and your autumn survey data (primary schools only).

Elizabeth Newstead has now started her maternity leave and we wish her best wishes for the upcoming new arrival.

We hope that you have an enjoyable Christmas break and we look forward to seeing you in the Spring term!

Change 4 Life Club Resources

If your school has a Change 4 Life Sports Club or is setting one up this year, we have a variety of different resources that we can e-mail you to use in your club. These include participant log books, certificates, posters, activities and shake up cards, plus much more.

The clubs can be for primary or secondary schools.

Remember, your club does not need to be called a 'Change 4 Life Club', it can be called anything you like. It just needs to be aimed towards the non-sporty participant and run for a minimum of 12 weeks.



Check out the Change 4 Life website for even more resources and ideas:

<https://campaignresources.phe.gov.uk/schools/topics/being-active/overview>

If you would like your club to feature in our newsletter, please give us a call and we can do a case study on your school club.

Young Ambassador Training Day—5th November.

Thirty Five Sports Ambassadors from 16 Primary Schools and 1 Secondary School attended our Young Ambassador Training Day held at Blacon High School.

These children were selected by their schools as being the most organised, enthusiastic and willing leaders in their school that meet the Youth Sport Trust criteria for a Bronze or Silver Young Ambassador.

On the training day, the children attended four workshops where they learned what a Young Ambassador is, what they do and the skills required to be effective in their role. They also learned how to organise a Level 1 sports competition, how to communicate / advertise the event, the different ways to present match reports and finally how to commentate on live sporting action.

In the afternoon Dennis Wall who is a sports reporter from the Leader Newspaper and West Cheshire Athletics Club Coach was a special guest, who gave a talk about his job as a reporter and his career progression. The children had an opportunity to ask him questions on his role and how it has changed over the years.

Jenna from Blacon High School is one of the Silver Ambassadors and was a Bronze Ambassador last year from Dee Point Primary School. She was able to share with the other children what she did in her role at her primary school and is now progressing through the Young Ambassador Programme. The current Year 6 Ambassadors will also be tracked into Secondary School so that they can continue and progress through the Programme.

The Ambassadors have now been tasked with:

1. Logging any hours that they do as part of their new role.
2. Setting up a School Sport Organising Crew / Committee within their school.
3. Blogging on the School Games website.
4. Organising and delivering a Level 1 sports competition within their school.

We look forward to meeting up again with the Sports Ambassadors in the Summer Term to see how they have been getting on with their roles.

Thank you to Judith Gilmour for helping to run the event and Blacon High School for hosting the training day.



Year 5&6 Quick Sticks Hockey Competition

Twenty three school teams took part in the Year 5&6 Quick Sticks Hockey Competition at Upton-by-Chester High School on Wednesday 11th November.

Luckily the weather was on our side as the forecast for the afternoon was torrential rain and wind.

In the 'A' competition 16 school teams fought for a place in the semi finals with Waverton, Boughton Heath, Kings and Guilden Sutton schools winning their pools to gain a place. There was some very tough competition, however Kings and Waverton made it through to the final.

Eventual winners were The Kings School who defeated Waverton 7-0 in the final. They will now represent Chester schools at the Cheshire and Warrington Winter Games which will be held in March 2016.

In the 'B' competition 7 school teams took part, with Overleigh, St Clare's, Kings and Waverton making it through to the semi finals. Overleigh and Kings won their semi finals to play each other in the 'B' competition final. After a close match, The Kings School won the event against a well played Overleigh team.

The matches were refereed by three leaders from Upton High School and coaches from CEPD. Thank you to all the coaches and referees for their help on the day, Upton High School for hosting the event, and also to Chester Hockey Club for helping to provide some of the equipment.

Well done and thank you to all the players and school teams for another excellent event!

Pictured below: The Kings School.



Sitting Volleyball Competition

Five schools took part in our Sitting Volleyball Competition which was at Dee Banks School on Thursday 25th November. The children were from Overleigh St Mary's, Delamere Academy, St Oswald's, Chester Blue Coat and Dee Banks School.

This is the first time that we have organised this event, which was aimed at those who have not taken part in a competition before or those with SEN.

The games and rules were relaxed to make it an enjoyable experience for all the children involved.

Although the scores were recorded, this was a friendly tournament and there were no winners or losers, everyone went home with a medal and certificate.

Kallum Storey-Hawkes who is our Platinum Young Ambassador from Dee Banks School refereed the games and did an excellent job.

At the end of the competition, the teachers and adult volunteers had a game of sitting volleyball, which was a great way to end the event.

Many thanks to Judith Gilmour for her help, and to Dee Banks School for hosting the event.

Well done to all the children involved!



Change 4 Life School Zone

The new C4L School Zone has been designed for primary teachers and provides curriculum linked resources and inspiration to help you teach children about healthy eating and being active.

There are exciting lesson activities, homework tasks and whole school ideas for you to use with KS1/2 pupils.

Please contact partnerships@phe.gov.uk to subscribe to the C4L School Zone newsletter for the latest on new resources and campaigns. www.nhs.uk/c4lschools.

Introducing the Change4Life School Zone

[View this email in your browser](#)

Introducing our fantastic new online resource for teachers

change 4 life Healthy eating Being active About

The Change4Life School Zone is now live! Featuring curriculum-linked materials it has everything to help you teach children about healthy eating and being active.

The School Zone has exciting lesson ideas, homework tasks and whole school activities for you to use with KS1 and KS2 pupils.

Visit: www.nhs.uk/c4lschools
 Search: [Change4Life/schools](#)

A small selection of the resources available are shown below:

10 Minute Shake Up 2015 toolkit
 Activities for the classroom and teaching PE
 PE

Core competencies
 Core skills for nutrition and being active
 Science D&T PE PSHE

Dates for your diary 2015-2016

December

Primary Schools

Secondary Schools

Primary & Secondary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 CPD—KS1 Start to Move Course	3	4
7	8	9 U19 County Boccia Competition	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	

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21 Year 5&6 Basketball Competition	22
25 County Step into Sport Conference for SEN	26	27	28 Year 3&4, 5&6 Key Steps Gymnastics Competition TBC	29

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 Year 5&6 Sportshall Athletics Competition	4 Year 5&6 Sportshall Athletics Competition	5
8 U13 & U15 Girls Handball Competition	9	10 Year 7&8 Girls Rugby Competition	11	12
15 Gifted & Talented Day	16 Half Term	17 Half Term	18 Half Term	19 Half Term
22	23	24	25 Year 5&6 High 5 Netball Competition	26
29				



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'Providing opportunities for every young person to shine'

Best of the Blogs!

In order to make blogging on the School Games website more rewarding, the School Games are introducing the 'Blog of the Week' competition. This is a chance for you to have your story promoted on the official School Games Twitter feed – which currently has over 5,500 followers – with a screenshot of your opening paragraph and a link to view the full story.

Your story will also be included on the front page of the School Games website when they release their monthly celebration of all of the winners. Keep an eye on the 'What's On' section at the bottom of the home page for more information and lots of great stories!

All of the entries made will also be considered as part of the Reward & Recognition Scheme.

All you need to do is ensure that you've entered your School Games Day and that you've blogged on your dashboard. Blogging is easy, simply scroll down on your dashboard and click on the 'create a new post' button on the left-hand side.

If you need some help on how to blog, please contact Claire Smedley or look on the School Games website for a copy of the blogging support document which you can download.



[@ChesterSSP](https://twitter.com/ChesterSSP) Don't forget to follow us on Twitter for all the latest pictures and updates.