

BPSS Health & Wellbeing Update

March 2021



IMPACT OF COVID ON OUR STUDENTS

With pupils returning to school we wanted to show you how BPSS can support you with their Physical Literacy (mental, social, and physical wellbeing). Giving students the confidence, motivation, competence, understanding and personal responsibility to be physically active.

The CMO guidance states that 'all children and young people take part in at least 60 minutes of physical activity every day.' As set out in the Childhood Obesity Plan, at least 30 minutes should take place in schools, and the remaining 30 outside the school day, however only 38% of parents are aware of this target with 44% believing the target to be 30 minutes or less. Therefore, this is a team effort between teachers, parents/guardians, and the community.

More than two in three parents say they have seen their children's physical activity levels decrease during lockdown; new research published ahead of schools reopening has found. The research, commissioned by children's charity the Youth Sport Trust and conducted by YouGov, also found that only a minority of parents (21%) believe their children are currently active for at least the recommended average of 60 minutes every day.

The YST has said that the findings show the urgent need for a renewed focus on sport and physical education when pupils return to school. Four in five parents (81%) say it is important that schools ensure every pupil is active for 30 minutes every day and 78% say they should have at least two hours of weekly physical education.

The research among UK parents of children aged 18 and under found:

- **69% of parents believe that their children are less physically active** now compared to a year ago, before the Coronavirus pandemic. Only 15% said their children's activity levels had not changed and 12% thought their children were now more active.
- When asked about their children's activity levels, **almost 4 in 5 parents (79%) reported that their children were currently doing less than 60 minutes every day.** Three in five (60%) say their children are active, but for 30 minutes or less. A further 11% say their children are currently doing no activity at all.
- Four in five parents (81%) now believe that schools should be ensuring that pupils are physically active for at least 30 minutes every day while in school, with similar numbers (**78%**) **calling for schools to provide at least two hours per week of physical education** to every pupil.

The Impact of COVID has produced statistics* on young people's mental health/wellbeing and physical wellbeing:

- 19% of children are being active for 60 active minutes
- 43% are doing less than 30 minutes
- 7% are doing nothing
- 36% of young people say they have less chance to be active when they are not in school*

**YST Evidence Paper: The impact of Covid-19 Restrictions on Children and Young People*

In this issue:

- **How can BPSS Support your school beyond sport and competition towards physical literacy?**
- **Partners Update**
- **CPD**
- **YST Well Schools**

Physical Activity is about reducing sedentary behaviour; acting as role models for our younger generations is our commitment as adults for the short, medium and long term.

How can BPSS Support your school beyond sport and competition towards physical literacy?

- Can we support you with your less active students? Do you need practical ideas for classroom activities, bubble ideas, DPA initiatives?
- Would you like more support on [PE Premium Funding](#)? How can you spend it? How to achieve the government guidelines whilst hitting your schools targets?
- We can support you on student voice – does your curriculum match what will motivate your pupils post COVID? How can you engage them in 30 active minutes a day? What DPA are you offering?
- Playground Development – now more than ever we need effective playgrounds for our children to all be active. Do you need advice on how to structure your playground? Have you introduced playground leaders?
- Engaging Girls – Have you signed up to the [This Girl Can Campaign](#)? [FA Girls Football Programme](#)? Why not? It is free, full of resources and ways to engage girls through the curriculum, physical activity and leadership.
- Do you need more support on what you can/cannot do due to COVID? afPE has produced a new set of [FAQs](#) for schools; following the government announcement. One important aspect to know is that ‘Competition between different schools should not take place until wider grassroots sport for under 18s is permitted.’ This is to help align with DCMS guidance on grassroots sport.



Partnerships

BPSS have been using the past year to engage with more partners across Barnet including the CAMHS Team, Resilient Schools Programme, 0-19 Youth Service, HAF Development, Healthy Weight Nurses to align our work and ensure we are all delivering the best service for our schools. Read on for their updates and our work....

Do you want us to be in contact with your Head of PSHE, Student Wellbeing Officers? Please pass on this newsletter or Jo's email (j.eames@qegschool.org.uk) and we will happily support them with Physical Literacy.

Barnet Healthy Weight Management

BPSS are proud to be working with the Healthy Weight NHS Team by providing a programme of physical activity sessions. These children are referred as part of the National Child Measurement Programme and other health professionals working in Barnet. Typically, the children are above the 99.6th Centile which places them in the very overweight category on the children's BMI centile charts.

All of the sessions, aimed at 4-9 year old and 10+, are now available via the [BPSS YouTube channel](#).

Please feel free to share these with any families within your school.

Barnet Resilient Schools Programme

The Resilient Schools programme provides a framework for schools to assess and improve mental health and wellbeing support to pupils, parent, carers and all staff within school. Resilience is seen when people (pupils, parents/carers and staff) have a greater ability “bounce back” when faced with difficulties and achieve positive outcomes.

RS aims to provide a whole school approach to raising mental health awareness, providing coping strategies and reducing stigma and discrimination and thereby strengthening resilience by:

- Helping schools, parents and pupils to recognise their own mental wellbeing needs and be confident to access information to support themselves and others
- De-stigmatise mental health in schools
- Intervene early to prevent escalation of mental health problems
- Involve parents, pupils and schools in tackling issues

Barnet Joint Health & Wellbeing Strategy 2021 – 2025

For the next four years, the Barnet Health and Wellbeing Board (HWBB) will focus on three key areas in order to drive improvements in health and wellbeing in the borough. These key areas are:

- Creating a healthier place and resilient communities
- Starting, living and ageing well
- Ensuring delivery of coordinated holistic care, when we need it

For more information please read the [summary consultation document](#) and the [full strategy here](#). They are keen to give everyone who lives, works and studies in Barnet the opportunity to have their say on the strategy.

How to have your say - Please take the time to read the consultation document and then give your views on the strategy by completing the [online questionnaire](#). Jo Eames has reviewed the strategy on behalf of BPSS and shall attend relevant board meetings in the future.



The YST delivered a week of support for schools, parents/guardians and communities last month. There are lots of videos you can now view. One we think will support your parents is the following: **How parents and carers can help to turn the tide on inactivity so that children can enjoy the life-changing benefits of daily physical activity.**

We have the link to the pdf of the [slide deck](#) and a vimeo [recording](#) of the session.

If you haven't already, please check out the Family Hub page on the YST [website](#). There you can find free to access resources and are able to sign up to our #Together family newsletter so you can keep up to date with our work.

[Well Schools | Youth Sport Trust](#)

This is a movement to help improve education outcomes by placing wellbeing at its very heart to support school staff, senior leaders and young people. It isn't a programme, quality mark or intervention; it's everyone coming together to drive change, share challenges and solutions and help find support. You can register yourself or your school [here](#) to join the community.



Our children and young people need hope. They need to know we understand what is important to them and will be there to support them. As Headteachers, teachers, parents, CEOs and stakeholders we have written this open letter to them. Please share the attached letter with your parents and students, please [sign the letter](#) to add your support to the movement.

Association for PE (afPE) CPD

L4 Qualification in supporting pupils' well-being through Physical Education.



This is a nationally recognised qualification that enables delegates to become specialists in supporting the emotional and social wellbeing of pupils through physical education. This qualification is open to school teachers with QTS involved in the teaching of physical education.

The course will take place online across 5 sessions in the Summer and Autumn terms. [Click here for further details and dates](#). Cost is £350. If you have secondary schools involved in the Sport England teacher training project – the funding can be used for this. For primary and special schools, its good use of Sport Premium funding. Email paula.felgate@enfield.gov.uk to obtain a booking form.

Active in Mind is funded through Sport England National Lottery funding. It targets young people (Key Stage 2 and above) who are experiencing low level mental health issues and part of a wellbeing support programme in their school (pastoral support or counselling) or in Tier 1 or 2 Children and Adolescent Mental Health Services (CAMHS).

The projects create a nurture group environment for those young people most in need of support. The primary outcomes are to address inactivity and develop positive behaviours, provide a safe environment for young people to share personal insight and experiences with their peers and support mental health issues.

Free Digital Resources - accessible for all - The COVID-19 pandemic has had a huge impact on young people's mental health and wellbeing. To support young people during this time, look at the resources on their [webpage](#) including Active in Minds Poster & Top Tip Videos from athletes for managing mental health.

Targeted Resources – for nurture groups

YST have also developed workshops for teachers and school staff to deliver to pupils who may be experiencing mental health issues. Resources include:

[Active in Mind mentor cards](#)

[Poster for nurture group](#)

[Teacher and staff members delivery matrix \(five workshops\)](#)

[Teacher and staff member presentation for nurture group](#)

Contact the team for more support

Jo Eames – Strategic Manager – j.eames@qegschool.org.uk

Mark Betts – School Games Organiser (Central & East) – m.betts@qegschool.org.uk

Katie Bailey – School Games Organiser (South & West) - kba@whitefield.barnet.sch.uk



LinkedIn: www.linkedin.com/in/BarnetSport

Website: www.barnetpartnershipforschoolsport.co.uk

Twitter: <https://twitter.com/BarnetSport>

Instagram: [@barnetsport](https://www.instagram.com/barnetsport)