BPSS COMMUNITY NEWSLETTER JUNE 2021



Welcome to the June *Community Newsletter*. A monthly newsletter, aimed towards parents, guardians and carers of children and young people (CYP) within Barnet.

We hope you had a pleasant half term and were able to enjoy the next stage of 'normality' with friends and family. This month's newsletter will continue to provide opportunities for children and young people to engage in physical activity in the wider community.

National Sports Week 2021

Saturday 19th – Friday 25th June 2021

After a year in which young people have missed out on so much and had their worlds turned upside down, sport and physical activity are playing an essential role in their recovery.

Schools, families and communities across the UK are encouraged to sign up and share their commitment to holding a sports day between 19 and 25 June this summer. Everyone who signs up will receive free resources from the Youth Sport Trust

Register as a parent/guardian here

Para Dance UK

Para Dance are offering free inclusive dance activities which can be done in the comfort of your own home. Click <u>here</u> to access the Dance At Home resources.

Para Dance also have a new Tour of the Floor programme which allows you to tour different countries to try new and exciting dance genres.

Please email services@paradance.org.uk to sign up for free.

Who is BPSS?

We are a "not for profit" organisation involved in PESSPA (Physical Education, School Sport and Physical Activity)

Our ultimate aim is to increase physical education, sport, competition, physical activity and leadership opportunities and participation for all young people across

Barnet.

Please find our contact details below

National PE School Sport and Physical Activity Survey Results

Thank you to the 70 schools who took part in a National Survey with Schools Active Movement we released between 26th – 30th April 2021. Headline data on the report from the school survey across Barnet demonstrates the extremely worrying effect of the third lockdown on our children's health and wellbeing including:

- 87% of teachers believe children's physical fitness is worse.
- 67% believe wellbeing is worse.
- 78% believe children have returned to school with excessive weight

Tackling these issues by supporting schools to provide an active recovery for the children within your school is our number one priority. We are currently working hard to address these issues with you all and we have already been able to prioritise an active recovery by supporting school staff deliver PESSPA, Competition, Leadership, Sport programmes & targeted interventions across Barnet this term and throughout Covid.

Thursday 1st July 2021

6-8pm

Wren Academy Hilton Ave, London N12 9HB

information and to register!



Covid protocols in place

All Abilities Welcom





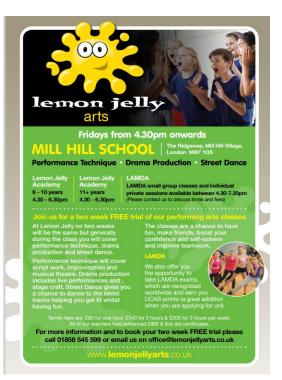


Junior Parkrun

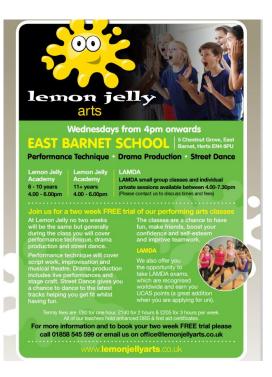
Friary Park hosts a free weekly Junior Parkrun every Sunday at 9am.

This 2k event is currently open to anyone aged 4-10 years old (usually up to 14 years of age, however restricted due to Covid-19).

For further information or to register, please visit www.parkrun.org.uk/ friarypark-juniors









Active Recovery Hub

Help children and young people to boost their health and wellbeing by promoting being active before, during and after the school day.

The online hub is available through the School Games website here, and provides schools, local authorities, and families with easy access to free resources to get children moving before, during and after the school









Don't forget to follow us on our social media platforms

@Barnet Sport

@Barnet Sport

Barnet Partnership for School Sport

Barnet Partnership for School Sport

Barnet Partnership for School Sport





Contact the team for more support

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

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

Mark Betts - School Games Organiser (Central) - m.betts@qegschool.org.uk

Vanessa Pender – School Games Organiser (East) - vpender@eastbarnetschool.com

Website: www.barnetpartnershipforschoolsport.co.uk