

September 2021**New Norfolk School Games 2021**

The national School Games is a government led programme designed to inspire young people to be physically active for life through positive experiences of daily activity. Whilst competition has played a significant part in this programme in the past, this year it's focus will be even more on the opportunities being used to make a clear and meaningful difference to the lives of children and young people that can benefit the most. This programme enables schools to give opportunities to pupils who are more vulnerable, have been severely impacted over the past two years or would benefit from improved health and wellbeing.

We want our Norfolk offer to meet the needs of those young people and reduce the previous barriers to participation they may have faced in the past, setting them onto a healthy pathway. We are asking schools (staff and pupils) to help shape this year's offer by taking part in our consultation this term, watch this space.

If you have pupils whose voices need to be heard then please get in touch;
joanne.thompson@activenorfolk.org

You can find more information in the new School Games schools handbook here; [Copy of Norfolk School Games - Handbook 2021/22](#)

Or watch this short video <https://www.youtube.com/watch?v=STxOWAdPRqU&t=79s>

Active Norfolk is funded to support schools to improve physical activity levels of all pupils.

Part of our role is to work with educational settings to improve their understanding of how physical activity can be used as a tool to improve pupil outcomes. Our work can support all areas of the school community so all pupils can benefit from improved health and wellbeing. At a time when the wellbeing of our pupils is a priority for everyone, how physical activity can be used in schools is changing to enable those that can benefit the most to thrive. It can help tackle concerns around self-esteem, confidence, resilience and low mood.

We support schools through advice, guidance and training as well as signposting and 1-1 school support. This is not to just help improve PE and School Sport, it can help schools identify where their offer can be targeted and be used to meet the needs of the pupils most at risk of an unhealthy lifestyle, both mentally and physically. It can contribute towards whole school outcomes and helps get more pupils, more active, more often throughout the school day.

For more information, questions and support please get in touch;
joanne.thompson@activenorfolk.org



Holiday Activity & Food Programme Summer Success

As the Summer holidays has ended, we want to say a huge thank you for all your support in delivering, hosting and promoting the Big Norfolk Holiday Fun programme over the holidays.

This Summer, over 83 providers created nearly 50,000 places across school and non-school settings, with thousands of families accessing the programme across the county. Feedback that we have been receiving is that children are getting experiences they otherwise wouldn't have had the chance to, they've met new friends, they're more physically active and they are learning about and eating healthy food.

At the end of this term, during the Christmas holidays, we will be running the face to face programme across 4 days and due the winter weather, an indoor offer is preferred. An Expression of Interest will be going out for schools to register interest as deliverer or a host.

For more information, please get in touch; bnhf@norfolk.gov.uk

New opportunities within the Early Years Sector – including Foundation Stage

The well-established Get Active Training Programme has now been redesigned to target settings that work closely with families that are more vulnerable and/or facing inequalities.

This programme delivered together by NCC Early Years trainers and Active Norfolk, trains setting staff to improve opportunities and support that enables families with young children to increase their daily physical activity levels. With great success and impact on our young people's lives, this works to support a healthy start for all our under-fives.

We have a new role in our team, Development Officer for Families and Communities, who's work include the early years sector. This will enable us to support and develop further opportunities where physical activity can be of benefit within early development and help improve healthy habits at the earliest opportunity.

For more information, questions and support please get in touch;
joel.matthews@activenorfolk.org





New Locality Officers join Active Norfolk team to help tackle district level priorities

We have increased our capacity by dedicating a project officer in each Norfolk district. These officers will be responsible for recommending and implementing physical activity ideas to help address district priorities in the communities where they can make the biggest impact. Their work will include understanding the local challenges and engaging with partners, including schools, to help improve opportunities for everyone.

For more information contact; sam.bensley@activenorfolk.org

Active Lives Children's survey more important than ever

This school-based survey helps to measure engagement in, and attitudes to sport and physical activity among pupils in year 1-11. This can be used as an important tool to help us understand the impact of the pandemic on our young people. The report schools receive on completion of the survey can help them decide where and how to best use their resource in order to have the biggest impact.

Here you can find out if your school has been selected to take part, receive support to participate in the survey and see the latest local findings gained from the survey; [Active Lives Survey - Active Norfolk](#)

'Get Norfolk Moving' Active Norfolk's 2021-2026 strategy highlights children and young people as one of the 4 key priorities for our county

Find out how we intend to do what we can to support active lives for children and young people, and their families here;

[Getting Norfolk Moving Summary.pdf](#)

