

## Great Active Sunderland School Charter 2019 - 2020 – FAQs

Q - Why should my school undertake the charter?

A –

1. In February 2015 Ofsted announced that they were introducing a new Common Inspection Framework which will come into effect in September 2015 and will include for the first time a judgement on personal development, behaviour and welfare. The inspectors will place greater emphasis on how schools support pupils to gain knowledge of how to keep themselves healthy through exercising and eating healthy.
2. Aligned to Sunderland's Education and Skills Strategy, 'Get ready for school, ready for work, ready for life', an agreed standard for 'a Great Active Sunderland School' has been developed as an improvement tool and to give credit to those key features of a school that are not always reflected in performance tables i.e. health and wellbeing of pupils, sport and physical activity opportunities and community involvement.
3. Active Mark, Sports Mark and Healthy Schools - In the past schools have held the these awards which have all now ceased to exist. The Great Active Sunderland School Charter contains many elements from these Marks / Award.
4. The Great Active Sunderland School Charter is an innovative accreditation developed with the aim of ensuring schools work towards the city's outcome of; 'All together an Active Sunderland' and ensuring that schools are recognised for the important work that they do in physical education, sport, physical activity and in the community.
5. Since the launch of this accreditation programme the Charter has proved to be an incredible success, with 84 schools achieving either the bronze, silver or gold standard.

Q - What is the cost?

A – Free.

Q – What do schools get in reward?

A – Plaque / Award presented at e.g.; primary head teachers meetings, heads of PE meetings, individual school assemblies.

Q – Where can I get a copy of all the criteria?

A – Schools can access a copy of the criteria and further information on <http://www.sunderland.gov.uk/active>

Q – How do schools apply?

Schools apply on line using the following link;  
<https://www.surveymonkey.co.uk/r/B9QTWKG>

Once you have started the survey you will be able to edit or change your survey responses at any time however you must use the same IP address (use same device in same location).

When completing the on-line process schools should be confident that if chosen for on-site ratification visit evidence can be presented against each criteria. It is suggested that schools set up a folder where evidence can be collected.

Support will be on offer throughout the process from;

Yvonne Setchell, Events and Active Sunderland Delivery Officer. Telephone; 0191 561 4686. E mail; [Yvonne.setchell@sunderland.gov.uk](mailto:Yvonne.setchell@sunderland.gov.uk)

**Q** – When is the deadline for applying?

**A** – 22 May 2020

Schools can apply at any time leading up to the deadline date.

Schools will be informed of their award level usually within two weeks of submission.

Please be aware that through random selection schools will be chosen to receive on-site ratification visit where evidence will be reviewed against each criteria.

**Q** – What is the Primary PE and Sport Premium?

**A** – The PE and Sport Premium provides ring fenced money to primary school headteachers to make additional and sustainable improvements to the quality of PE and sport activities they offer their pupils.

Schools with 17 or more eligible pupils receive £16,000 and an additional payment of £10.00 per pupil. Schools must publish details of how they spend their PE and sport premium funding on the school's website.

Guidance available on; <https://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools#funding-for-2019-to-2020>

**Q** – What is the School Games?

**A** – The School Games are made up of four levels of activity: competition in schools, between schools, and at a county/area level: The Games have a strong Inclusive element resulting in more meaningful opportunities are available for young disabled people. There are 3 School Games Organisers in Sunderland; Farringdon Partnership - Amy McCulloch. Telephone: 0191 917 1500. Mobile: 07834 700 535. E mail: [amy.mcculloch@farringdonca.net](mailto:amy.mcculloch@farringdonca.net), Kepier Partnership - Dave Birch. Mobile: 07772 556 114, E mail: [birchd@kepier.com](mailto:birchd@kepier.com) Biddick Partnership - Bryony Blanchard. Telephone: 0191 511 1600 ext. 5036. Mobile: 07713 706 942, E mail: [blanchard.b@biddickacademy.com](mailto:blanchard.b@biddickacademy.com)

**Q** – What is School Games Mark?

**A** - The School Games Mark is a Government led awards scheme launched in 2012 to reward schools for their commitment to the development of competition across their school and into the community. Schools in England can assess themselves across Bronze, Silver, Gold and Platinum levels of the Mark. The 3 School Games Organisers in Sunderland coordinate the scheme with their respective schools.

Q – What is a Young Leaders Programme / Leadership Academy

A – This may see schools be operating nationally recognised programmes such as Sports Leaders UK (PlayMaker Award, Young Leaders Award, I Can Lead), Youth Sport Trust (YST) Young Ambassadors, School Organising Committees, Playground Buddies however some schools will operate their own in house versions to accredit young leaders e.g. Little Leaders. In addition the Sunderland School Games Organisers are operating a Sunderland Schools Junior Leadership Award.

Q – What is Change 4 Life?

A – Change4Life – Eat Well, Move More, Live Longer. Change4Life is a society-wide movement that aims to prevent people from becoming overweight by encouraging them to eat better and move more. It is the marketing component of the Government's response to the rise in obesity. The 3 School Games Organisers in Sunderland coordinate the scheme with their respective schools. In addition the Primary PE and Sport Premium funding can be used to fund Change4Life Clubs.

Q – What is Active 30:30?

A – The Government Childhood Obesity Plan has set out the ambition for all children to achieve one hour of physical activity every day, with schools being responsible for delivering 30 of these active minutes.

Active 30:30 has been developed to help schools reduce sedentary behaviour and increase physical activity in young people outside of timetabled curriculum PE. It also addresses how to help influence the remaining 30 active minutes to be achieved outside of school by engaging families, clubs and community groups. This is a programme being rolled out by the School Games Organisers.

Q – What is Daily Mile?

A – It gets children out of the classroom for fifteen minutes every day to run or jog, at their own pace, with their classmates, making them fitter, healthier, and more able to concentrate in the classroom. Further details can be found on;  
<https://thedailymile.co.uk/>

Contact; Gary Young, Daily Mile Local Coordinator, Tyne and Wear Sport. Telephone; 0191 497 2327. Mobile; 07947 522 704. E mail;  
[gary.young@tynewearsport.org](mailto:gary.young@tynewearsport.org)

Q – What Step Up Sunderland?

A – Step up Sunderland is a new campaign to encourage people who live, work and study in Sunderland to be more active. It started on 22 July 2019 and will finish on 10 May 2020.

Schools are provided with a toolkit provides ideas and resources that schools can use to promote Step up with their students, families, communities and employees.

It is easy to get your school involved by linking with the Change 4 Life (C4L) Sunderland Team; Telephone; 0191 561 4691, E mail; [darren.pike@sunderland.gov.uk](mailto:darren.pike@sunderland.gov.uk)  
[www.stepupsunderland.com](http://www.stepupsunderland.com) / [www.stepupsunderland.com/faq](http://www.stepupsunderland.com/faq)

**Q** – What is Sunderland Change 4 Life Programme? (previously known as Lifestyles, Activity and Food Programme, LAF)

**A** – Change 4 Life Sunderland is a healthy lifestyles programme which offer a wide variety of sessions that can be booked completely free of charge. Sessions take place by arrangement with individual schools.

C4L Sunderland Deliver fun and interactive classroom-based health education workshops aimed at targeted year groups or for the full school.

Topics include; the eatwell guide, sugar swaps, junk foods, breakfasts, packed lunches, physical activity and more

C4L Sunderland also deliver healthy lifestyle assemblies, games and activity sessions, practical healthy snack making and parent and children programmes which may run during curriculum time or after school.

A lot of these sessions link in with food science lessons, health awareness weeks, sports days and parents' evenings.

As well as benefitting the children, having the C4L Sunderland team in school can be used to the schools' advantage during Ofsted's inspections (with health education now being a part of the inspection framework).

For further information contact; Darren Pike, Change 4 Life Sunderland Team Lead, Telephone; 0191 561 4691, E mail; [darren.pike@sunderland.gov.uk](mailto:darren.pike@sunderland.gov.uk)

**Q** – What is a Change 4 Life Champion?

**A** –School Games Organisers offer C4L Champions Training aimed at Year 4/5 pupils. The Champions will help support the clubs and their peers to lead healthy active lives and be the healthy active lifestyle ambassadors for their school. During the training the children will be taught leadership skills through co-operative games, the training will also encourage the leaders to take more responsibility for developing active, healthy playgrounds while promoting healthy lifestyles. This will help schools sustain and embed Change4Life clubs.

**Q** – What is a Young Health Champion?

**A** – Young Health Champions is a Peer Led health education programme that allow schools the chance to work in partnership to demonstrate their commitment to the health and wellbeing of their students, students who become Health Champions will have opportunities to improve their own health and that of others, receive an additional accredited qualification as well as being able to demonstrate a “can do” attitude that will set them apart from others as they move on in their studies or as they seek employment. Young Health Champions complete a 4 day training programme covering young people's health related issues.

For further information contact; Laura Cassidy, Public Health Practitioner. Telephone: 0191 561 5608. Email: [Laura.Cassidy@sunderland.gov.uk](mailto:Laura.Cassidy@sunderland.gov.uk)

**Q** – What the Healthy Schools Rating Scheme?

**A** - The healthy schools rating scheme is a voluntary scheme for schools that recognises and encourages their contribution to supporting pupils' health and wellbeing.

Schools will be able to determine how well they are promoting healthy eating and physical activity by completing a self-assessment and receiving a rating based on their answers.

They will receive an award for their performance, and information on how they might improve their healthy living policies.

Schools can use the award to show parents how they have performed.

For further information contact; Claire Lee, School Sport Development Manager, Tyne and Wear Sport. Telephone; 0191 497 2326. Mobile; 07794 312 745. E mail; [Claire.Lee@tynewearsport.org](mailto:Claire.Lee@tynewearsport.org)

**Q** – What is the Mental Health Charter?

**A** –The city wide Mental Health Charter Mark for schools was launched in February 2018 and is thought to be the first of its kind in the country. The Mental Health Charter is intended to help schools evaluate and improve their work in supporting pupils with mental health needs, setting out a pathway of Bronze, Silver and Gold criteria which details the steps that can be taken by schools to improve and how any actions can be evaluated.

Further details regarding the Mental Health Charter can be found on the website and includes; About us / How to get involved / Celebration and Recognition / Frequently Asked Questions / Moderation Calendar / Wellbeing Cluster Meetings / Contacts; <https://www.togetherforchildren.org.uk/mental-health-charter-mark>

Contact: Catherine Barnett, Head Teacher Hylton Red House Nursery. Telephone; 0191 548 8000. E mail; [catherine.barnett@schools.sunderland.gov.uk](mailto:catherine.barnett@schools.sunderland.gov.uk)

**Q** – What is an Active Travel Policy?

**A** – Sunderland City Council 'Go Smarter to Work team engages with businesses to implement or improve measures on employment sites to reduce single occupancy car use. The objective is achieved by introducing alternative modes of travel to increase car share, walking cycling and public transport use. The emphasis is to improve access to employment, reduce congestion, improve air quality and health. Activities on site, such as pedometer challenges, Nordic Walking and lunchtime lead walks encourage employees to engage with Active Travel activities.

Contact; Diane Hilder, Sustainable Transport Development Officer. Telephone; 0191 561 7964. Mobile; 07780 686 980. E mail; [diane.hilder@sunderland.gov.uk](mailto:diane.hilder@sunderland.gov.uk)

Go Smarter deliver a 5-week child pedestrian training programme to Sunderland Primary school pupils in years 3 and 4. The programme consists of 2 indoor sessions and 3 outdoor sessions delivering Road Safety message.

The Road Safety Team delivers Walkwise a 6 week child pedestrian training programme to all Sunderland Primary school pupils in years 1 and 2.

They also deliver Bikeability cycle training programme level 1 and level 2 to pupils in years 5 and 6 and level 3 to secondary pupils (delivered by Sunderland Young Peoples Bike Project).

Contact for Child Pedestrian Training, Walkwise and Bikeability; Anthony Bell, Road Safety Engineer. Telephone; 0191 561 1524. E mail; [anthony.bell@sunderland.gov.uk](mailto:anthony.bell@sunderland.gov.uk).

**Q** – What is the Employee Wellness Programme?

**A** – The Employee Wellness Programme can help you improve the health and well-being of your workplace by providing a wide range of **FREE** activities, advice and support.

Contact; Peter Tate, Employee Wellness Programme Coordinator. Telephone; 0191 561 4598. E mail; [peter.tate@sunderland.gov.uk](mailto:peter.tate@sunderland.gov.uk)

**Q** – What is a Community Access Policy?

**A** – Sport England has a crucial role in promoting greater opportunities for sport and active recreation for local communities.

It is therefore keen to encourage the opening up of sports facilities to the wider community, when they are not required by the main user.

Many educational sites, including schools of all kinds, academies and sports colleges, have very good sports facilities which are often underused out of normal school hours.

When an educational establishment decides that its sports facilities will be available for community use it is valuable to agree in a Community Use Agreement (CUA) how it is intended to operate, covering such matters as hours of availability, management arrangements, pricing policy etc. The use of a CUA should help secure well managed and safe community access to sports facilities on educational sites.

Sport England has launched a new online resource to get more schools open up their sports facilities for community use called 'Use Our School' which contains a raft of information and advice for school on how to host sports clubs and sessions which can be found using this link;

<http://www.sportengland.org/facilities-planning/use-our-school/>

**Q** – What constitutes an active link to local community sports clubs and leisure provider?

**A** – Example of a simple active link;

Tennis coaching in curriculum time on school premises. Students attend competition held at Sunderland Tennis Centre.

Information regarding exit route activity distributed to students.

Example of an excellent active link;

Local karate club showcased in an assembly / deliver during curriculum time.

The club operate an after school club on the school site.

Information regarding exit route activity distributed to students.