

AUTUMN 2 2019 | VOL. 4

# FACTive

Facts About Getting Active!



**20 FREE tips TO GET ACTIVE** at your school! Get your free download at [www.sportsforschools.org/20-top-tips-free-download/](http://www.sportsforschools.org/20-top-tips-free-download/)

Do you want to improve wellbeing at your school? Get in touch about our Get Active programme!

## HOW SCHOOLS CAN HELP TACKLE PUPIL AND STAFF MENTAL HEALTH!

*How our Get Active programme can help...*

By now the school year has well and truly started, and many of you might be feeling the impact of being back at school again, working full-time (and then some!). Teaching can certainly be a challenge, and the impact the role has on staff wellbeing has been widely reported.

In a recent study carried out by The Anna Freud National Centre for Children and Families, through their Schools in Mind learning Network, only 39% of staff felt encouraged to speak openly about their mental wellbeing at school. 58% of participants also suggested that the biggest single initiative needed to help improve their mental wellbeing was a reduction in workload, followed by time off and flexible working schemes at 13%.

### Exercise reduces stress

Our Get Active programme educates staff, children, and parents on the proven links between physical activity and academic success, attendance, and wellbeing. Not only does it educate staff, but it proves that only small changes need to be made to have a huge impact - Dream BIG, start small. Once you try something small immediately, the success experienced enables bigger changes too.

WANT TO BE INSPIRED TO GET YOUR SCHOOL MORE ACTIVE? FOLLOW US ON SOCIAL MEDIA!

@sportsfs  
 sportsfschools  
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<https://www.annafreud.org/media/8459/school-staff-wellbeing-report-final.pdf>

HAVE A QUESTION FOR THE TEAM? GET IN TOUCH!  
UK: 01223 792200  
EIR: 0 1 9069331  
hello@sportsforschools.org

Exercising regularly boosts your immune system, meaning less sick days!

Regular exercise enables you to sleep better - it helps clear your head and gets you to feel relaxed.

## JUST FOR FUN!

I'm sure we can all agree that mental wellbeing is of huge importance nowadays, especially given it's decline for teachers and pupils over the years. Why not try a few quick tips to help?

- Go on a walk - some fresh air and breathing space is great to clear your head.
- Track gratitude and achievement in a journal - write down 3 things each day that you are grateful for.
- Try some colouring - pick a geometric design that's a little complicated for the best impact.



1 in 8 5-15 year olds have at least one mental disorder (Mental-Health.org, 2018)

### Try these in your class...

See if your class can solve any of these riddles! It might be a fun way of welcoming the children in the morning and managing the class. The riddles could be displayed at the front of the room as a morning challenge for children to solve whilst they arrive!

What gets wet while it is drying?

A towel!

A phone!

What needs an answer but doesn't ask a question?

What is light as a feather but even the strongest man can't hold it for long?

His breath!

## WIN £100 to improve sports at your school!

Tell us how you're improving physical activity in your school - email [hello@sportsforschools.org](mailto:hello@sportsforschools.org) and you could win a £100 voucher to use to improve physical education!

[www.sportsforschools.org](http://www.sportsforschools.org)

## Inspirational Paralympic bronze medal winner Anna Jackson tells us about keeping active...

**Q: You've had quite a journey in your sporting career. How did it feel having to retire from hockey?**

*A: It was truly horrid. I used sport as a way to relax and deal with stress in my life, so it felt like I had lost a part of me and my identity when I had to stop playing.*

**Q: A lot of children really struggle to engage in sport at school. What can we do to help?**

*A: Encourage young people to try different activities - don't stereotype people into sports for girls or boys, just let them try them all! Don't force perfection or the idea of being good at it, but instill an ethos of improvement and trying their best. When I started Wheelchair Basketball I couldn't play basketball or move in a wheelchair, but with hard work look what happened!*



Paralympic Wheelchair Basketball player Anna Jackson used to play hockey before problems with her knee stopped her playing running sports

**Q: Do you think children are getting enough physical activity nowadays?**

*A: Not really. I think we need to make activity a part of everyday life - can you make lessons more fun with a bit of exercise? Exercise is very important, both for physical and mental wellbeing. I hate it when I don't train much - it makes me feel sluggish physically and mentally, which is why schools should add little exercises into each day.*

“Encourage young people to try **different activities**, just let them try them all!

- Anna Jackson”