The Active Schools project has been created to bring together Primary Schools, key partners and the wider community to work collaboratively to support the growing issues of childhood excess weight and physical inactivity among young people.

Over 3 years (2019-2021), the project will be delivered by Active Suffolk and jointly funded by Babergh & Mid Suffolk District Councils, West Suffolk CCG and Ipswich & East Suffolk CCG. Active Suffolk works closely with a cluster of Primary Schools to offer and provide focused and targeted interventions, bespoke to each school and the local community.

**Aims**

To reduce ill health in later life by focusing on 3 key outcomes, using a whole school approach (as shown in the table below).

To increase the number and frequency of children, young people and their families who regularly take part in traditional/non-traditional sport and physical activity.

### Whole School Approach

<table>
<thead>
<tr>
<th>Reduced childhood excess weight</th>
<th>Improved physical and mental health &amp; wellbeing</th>
<th>Improved school attainment</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Scale" /></td>
<td><img src="image2.png" alt="Heart" /></td>
<td><img src="image3.png" alt="Checklist" /></td>
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Why Babergh & Mid Suffolk?

Both are predominantly rural, with populations projected to grow considerably between now and 2035.

We know that....

<table>
<thead>
<tr>
<th>Babergh</th>
<th>Mid Suffolk</th>
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<tbody>
<tr>
<td>Number of children living in poverty - leading to less opportunities due to affordability/accessibility</td>
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<tr>
<td>1900 children</td>
<td>1600 children</td>
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<td>% of the population that do not have access to private transport</td>
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<tr>
<td>13.4%</td>
<td>10.7%</td>
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<tr>
<td>Number of children with excess weight</td>
<td></td>
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<tr>
<td>21.8% - Reception age</td>
<td>18.9% - Reception age</td>
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<tr>
<td>30.9% - Year 6 age</td>
<td>28.5% - Year 6 age</td>
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<tr>
<td><strong>9.1% increase</strong></td>
<td><strong>9.6% increase</strong></td>
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</table>
Actions

Initial contact made with 20 schools, introducing and inviting them to participate in the project. Further contact with schools willing to take part in the project, leading to introductory meetings with Headteachers and/or PE Leads.

Development and creation of school surveys to form baseline data collection and to be used as an ongoing comparison throughout the project. Report cards are formed from the collected data and, based upon the results, a bespoke and targeted action plan is put together for the school to use as an ongoing work in progress plan.

Ongoing contact with participating schools is maintained to meet their needs.

Data Collection

3 x surveys created for the whole school to complete;

1. **Staff** - a short questionnaire to discover teachers’ confidence, areas of improvement and types of Continuous Professional Development (CPD) needed.

2. **Pupils (KS2)** - questions to find out what kinds of activities pupils are currently doing, time spent doing so, as well as confidence/enjoyment/easiness/understanding and wellbeing.

3. **Parents of pupils (KS1)** - as above with parents completing on their child’s behalf.

9 x schools have completed initial surveys. All of which have report cards summarising the findings and action plans developed to outline where the targeted work is to be focused, individualised to each school.

Average statistics

On average the baseline data from across the 9 schools shows that;

**Active Minutes**: Pupils are active for 3 hours, 18 mins per week (including in/out of school activity).

**Active Travel**: 57.8% of Pupils actively travel to school (either walk, cycle or scoot).

**Pupils Wellbeing**: average score = 7.6/10, based upon answering (on a scale of 1-10), ‘How happy did you feel yesterday?’. Furthermore, 68% of pupils answered yes to ‘Is this how you usually feel’?

**Teacher Confidence**: average score = 7.5/10, based upon teachers answering (on a scale of 1-10), ‘How confident they feel to deliver sport/activity’.

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**Babergh Schools**

<table>
<thead>
<tr>
<th>School name</th>
<th>LA District/ward</th>
<th>SGO Area</th>
<th>Postcode</th>
<th>No of pupils</th>
<th>Ofsted rating</th>
<th>Eligibility for school meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pupils</td>
<td></td>
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<tr>
<td>Teachers</td>
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<tr>
<td>Parents</td>
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<td>Interventions</td>
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<tr>
<td>CPD</td>
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<tr>
<td>External Providers</td>
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<tr>
<td>PE and Sport Premium</td>
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Impact/Outcomes

Launch Event
The project officially launched in July at the first two participating schools of the project, Wells Hall Primary School in Great Cornard & Freeman Primary School in Stowupland. The launch events brought together key partners and attracted local press to share the importance of the project’s key aims and objectives.

In Babergh, the launch coincided with Wells Hall Primary’s ‘Active Week’ involving over 300 pupils, 6 schools and 22 community-based sports clubs. The week achieved great media coverage and successfully linked the school with external activity providers, community sports clubs and sport governing bodies throughout the locality. The event started from a conversation between the school’s PE Leader and Active Suffolk, discussing how schools might have a greater impact on developing healthier and more active lifestyles beyond the school day.

Due to the success of the event in 2019, the school plans to make the ‘Active Week’ an annual summer event and hope to involve more age groups and local schools.

A targeted approach to engage inactive pupils
Abbots Hall in Stowmarket highlighted concerns on the high number of inactive pupils or those that were attending no activity clubs outside of school. A different approach was needed in order to engage with this group, PE staff listened to pupils, asking them to share their views on what types of activities they would like to try and then put a plan in place. Following this, the school set up closed ‘Invite only’ clubs which would be for the specific group of inactive pupils only and act as a stepping-stone into general extracurricular clubs. The idea behind the club being to encourage, support and build confidence among the pupils, with the aim for the pupils to attend pre-existing clubs within the school, when ready.
Impact/Outcomes (continued)

Staff CPD
In November 2019 Youth Sport Trust delivered a session to support and further develop the teachers’ skills. One session was held in each area, with a total of 9 attendees from 8 different schools attending. The session, delivered by Danny Burton, was based upon ‘Ofsted Framework & the sustainability of PE & Sport Premium’. The sessions gave staff from different schools the opportunity to meet one another and to share practice/learning, supporting one another. Active Suffolk continues to work with YST and hope to revisit this again in the summer term.

The Annual PE & School Sport Conference in November 2019 was a great opportunity for all schools in Suffolk. As part of the project, discounted tickets were offered to schools participating in Active Schools, as a thank you and reward, supporting the development of their School Sport & PE offer. As a result, 9 of the Active schools attended the conference, with one commenting:

“It was good to meet and engage with other teachers.”

On the day, the Headteacher & PE Lead from Wells Hall Primary, also delivered a workshop called ‘Implementing an Active Week’ to share their learning and information of why, what and how they achieved the event. 23 attended the session, with a mix of PE Leads and headteachers from schools across the county, one of which said:

“Lots of good information and I like that they were a real school so we could relate easily and think about achievable goals and implementation.”
Next steps/Partnership Work

OneLife Suffolk
Active Suffolk continues to work alongside OneLife Suffolk to ensure schools have the support they need on healthy lifestyle topics. OneLife is able to offer classroom sessions to all students, as well as, targeted sessions for families and children who struggle with their weight.

Furthermore, a number of schools have identified a need to increase walking levels among pupils in and out of school which could be supported by OneLife Suffolk’s Health Walks. They hope to provide Walk Leader training to school staff, enabling schools to lead their own educational health walks, either as a lunchtime or after school club. Some schools are hoping to take this one step further and involve parents to participate in the walk alongside pupils.

Active Suffolk plans to have this in place in time for the national ‘Walk to School Week’ in May 2020, which all Active Schools will be encouraged to take part in.

The Daily Mile
The project aims to ensure all schools are signed up and registered to take part in the Daily Mile. A simple and free initiative which supports the project’s key outcomes – getting children active everyday, out of the classroom, making them healthier and more able to concentrate when back in the classroom.
Ipswich Town Football Club
Community Trust

Following the launch of the Community Trust in September, Active Suffolk will work in partnership with the Trust to meet joint aspirations of enabling young people to lead an active lifestyle. The Community Trust will further develop the Active Schools project, providing access to initiatives that include sport, education, community engagement and health.

Jason Curtis, Head of Community at Ipswich Town Football Club, said:

“We are delighted to support this programme which mirrors our own ambitions to increase physical activity in schools, creating a stronger, healthier more active community as a consequence.”

“It offers us the chance to be able to encourage children to get active both within school time and when they play with us outside of the classroom, providing extra-curricular opportunities from open access level to our academy.”

Abbeycroft Leisure Trust

Kingfisher Leisure Centre now offer FREE swimming to all children under the age of 17 who live in the area of Babergh District Council, during school holidays.

Active Suffolk are raising the awareness of this amongst the Active Schools within the area, in the hope to encourage Pupils to stay physically active, especially when not at school.

Interestingly, one school that has revisited their survey completion since the FREE swimming offer started, shows a 19% increase in the number of Pupils reporting to go swimming each week.