

Great Active Sunderland School Charter 2023 - 2024 – FAQs

Q - Why should my school undertake the charter?

A –

1. Encourages schools to develop programmes to engage the least active children through; Change 4 Life, 60 Active minutes, Daily Mile, Enrichment Programmes, British Triathlon Skills for Life programme, Better Points, Holiday Activities and Food (HAF) and Opening School Facilities (OSF).
2. Highlights those key features of a school's performance that are not always reflected in performance tables i.e., health and wellbeing of pupils, sport and physical activity opportunities and community involvement.
3. An improvement tool for schools to support pupils regarding being more active and eating healthier.
4. Complements the work of the School Games Organisers (School Games Mark) and the Active Sunderland Healthy Lifestyle Programme (formerly Change 4 Life Sunderland Team).
5. It encourages schools to open their sports facilities for the local community.
6. It is a key component of Together for Children Sunderland Healthy Schools Award. This award also supports schools to prepare for Ofsted inspections, as each charter within the Healthy Schools Award has been developed in line with Ofsted guidance, and physical health, mental health and emotional wellbeing are all key components of Ofsted's common inspection framework
7. Is free for schools to apply and to make the process easier schools can apply online.
8. Since the launch of this accreditation programme the Charter has proved to be an incredible success, with **105** schools achieving either the engagement, 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. In addition, Charter logo in either Engagement, Bronze, Silver or Gold will be provided in a jpeg format to go onto school websites.

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

A – Schools can access a copy of the criteria and further information on [Great Active Sunderland Schools Charter - Sunderland City Council](#)

Q – How do schools apply?

Schools apply online using the following link.
<https://www.surveymonkey.com/r/DWXJRZ7>

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).

Support will be on offer throughout the process from.

Darren Pike, Active Sunderland Delivery Officer.

Mobile; 07770 584 674. E mail; darren.pike@sunderland.gov.uk

Q – When is the deadline for applying?

A – Friday 24 May 2024

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.

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.

[PE and sport premium for primary schools - GOV.UK \(www.gov.uk\)](#)

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: Mobile: 07834 700 535. E mail: amy.mcculloch@farringdonca.net,

Cadtle View Partnership – Callum Hodgson

Mobile: 07788 270 628, E mail: Hodgson.C@cvea.co.uk

Biddick Partnership - Bryony Blanchard. Telephone: 0191 511 1600 ext. 5036.

Mobile: 07713 706 942, E mail: blanchard.b@biddickacademy.com

[Sunderland School Games | Facebook](#)

[Sunderland School Games \(@SunderlandGames\) / Twitter](#)

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 Leadership Skills Foundation (formally Sports Leaders UK) / Young Ambassadors / Primary Leaders Licence (Formally Playmakers Award) / Active Leaders Award, School Games 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 operate leadership Training CPD as part of their Sunderland Primary Schools PE SLA.

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 60 Active Minutes?

A – The UK Chief Medical Officers recommend that all children should engage in moderate to vigorous intensity physical activity for at least 60 minutes every day. However, when most schools only timetable two hours of physical activity per week, how can we ensure that each child meets the daily target of one hour?

The benefits for children who engage in regular physical activity are numerous. Physical activity improves physical wellbeing and reduces the risk of developing illnesses. In addition to this, the learning of the fundamental movement skills are essential for the physical growth and cognitive development of each child.

Studies have found that regular activity stimulates new brain cell growth, and immediately after activity, problem solving, memory and attention also improve. Exercise improves physical wellbeing and reduces the risk of illnesses. In addition to this, the development of the fundamental movement skills is essential for the physical growth and cognitive development of each child. Studies have found that regular exercise stimulates new brain cell growth, and immediately after exercise, problem solving, memory and attention improve.

Just 60 minutes of vigorous activity per day will allow children to focus better in school and while studying so they can retain more information. In addition, as a great side effect, activity will even out mood, improve quality of sleep and build self-confidence.

Support available from 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; [The Daily Mile | UK](#)

Q – What is British Triathlon Skills for Life programme?

A – It gives every child the opportunity to experience swim, bike, run. Active Skills for Life includes a range of resources for children, clubs, organisations, and schools, supporting them to be active and learn valuable skills that will last a lifetime. Active Skills for Life makes the world of swim, bike, run accessible, educational, and rewarding. Further details can be found on; [Active Skills for Life – British Triathlon](#)

Q – What is the Active Sunderland Healthy Lifestyle Programme (ASHLP) – formally Change 4 Life Sunderland?

A – The Active Sunderland Healthy Lifestyle Programme aims to increase in the number of children and young people in the city to achieve a healthy weight. The programme also offers support to the NCMP programme by engaging with those primary schools that have a high number of overweight children, through school delivery, or signposting families to a support programme.

ASHLP are able to deliver assemblies, classroom based healthy lifestyle education, mindfulness and physical activity sessions to all year groups including nursery and reception. A Roots and Shoots sustainable gardening programme is also available to schools.

All ASHLP services are completely free and as well as benefitting the children, and with health education now being a part of the inspection framework, engagement can be used to the schools' advantage during Ofsted inspections.

For further information about the programme please contact Darren Pike, Active Sunderland Delivery Officer, on 07770584674, or email darren.pike@sunderland.gov.uk

Q – What is the Sunderland Healthy Schools Award?

A – A positive, healthy school environment enables pupils and staff to enjoy coming to school and the wider school community to feel part of the school. These factors all contribute to children and young people maximising their potential at school.

The Sunderland Healthy Schools Award has been developed by a local multi-agency group of health, education and social care professionals to support Sunderland schools to establish a positive, healthy school environment. In addition, the award recognises the dedication of schools within the city to the health and wellbeing of their pupils, staff and local communities. Participation in the award will also support schools to prepare for Ofsted inspection as each charter has been developed in line with Ofsted guidance and physical health, mental health and emotional wellbeing are all key components of Ofsted's common inspection framework.

There are five levels of Healthy Schools Award Accreditation to acknowledge progress, dedication and achievement of schools at all stages of accreditation. Accreditation begins at Emerald level which acknowledges those schools who have begun their journey and peaks at Diamond level which reflects outstanding achievement in all aspects of the Healthy Schools Award.

The Sunderland Healthy Schools Award consists of five criteria which include all aspects of health and wellbeing:

- Anti-Bullying
- Great Active Sunderland Schools Charter
- Food and Nutrition
- Mental Health
- Relationships, Sex and Health Education

For further information and to apply for the Healthy Schools Award please download the [Sunderland Healthy Schools Award - Together for Children](#)

Q – What is an Active Travel Policy?

A – Sunderland City Council's Sustainable Travel Team engage with organisations to implement or improve measures on site 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 facilities, reduce congestion, improve air quality and health. Activities on site, such as staff travel surveys, Dr Bike sessions, Bike marking and promoting projects such as BetterPoints and ParkThatBike encouraging employees to engage with Active Travel activities and assist with creating Travel Plans.

The team also works closely with community sector organisations Sunderland Young Peoples Bike Project (SYPBP) and Sunderland Community Action Group (SCAG) at St Peters Cycle HUB to deliver cycle training and confidence sessions for all ages, Dr.Bike sessions, family bike rides and more please visit:-

[Bike Riding & Cycling | Sunderland Young People's Bike Project \(sybbp.co.uk\)](http://sybbp.co.uk)

[Sunderland Community Action Group](#)

[St Peter's Cycle & Sports Hub | Sunderland | Facebook](#)

Contact; Vicky Tubman, Sustainable Travel officer vicky.tubman@sunderland.gov.uk

or Tracey Enguita, Assistant Sustainable Travel Officer

tracey.enguita@sunderland.gov.uk

Sunderland City Council Road Safety Team 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 team also 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).

The Road Safety team can also assist with creating School Travel Plans.

Contact; Anthony Bell, Road Safety Engineer anthony.bell@sunderland.gov.uk

or Gemma Strong, Road Safety Technician gemma.strong@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; [Use our school | Sport England](#)

Q – What is Opening Schools Facilities Fund?

A – Opening Schools Facilities (OSF) is a Department for Education (DfE) funded programme to meet the goals of the Government’s School Sport and Activity Action Plan (SSAAP)

The OSF program aims to reduce inequalities and get more children and young people aged 5-16 years active and moving more. The funding supports schools to open-up their facilities, (including swimming pools) by partnering up with local sporting, youth and community organisations to provide collaborative, inspiring, accessible and meaningful provision that helps improve physical activity levels and participation in their area. The programme will ensure that all children, young people and the wider community can access inclusive, fun, safe and needs led co-designed extra-curricular active activities, experiences and opportunities outside of curriculum time, particularly in those communities that experience the most significant health, social and economic inequalities.

The large investment into schools, which runs through to March 2025, will ensure that local place-based approaches and solutions are developed collaboratively, focusing on insight, learning, youth voice and lived experience. It will seek to establish knowledge and understanding about key success factors as well as common and unique barriers regarding opening school facilities outside of the school day to ensure sustainability and longevity of the programme and offer.

Contact Weararise; 07973 786 310 / info@wearerise.co.uk

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

A – Example of a simple active link.

Virtual activity in curriculum time on school premises e.g., Health and Wellbeing Festival.

Information regarding exit route activity posted on school website / Facebook.

Example of an excellent active link.

Local karate club operate an after-school club on the school site.

Information regarding continued participation made available to students.