



Black Country Virtual Education Programme

20th May 2021

Black Country Healthy Schools

Leah Goode

Housekeeping

- Please keep your video off and your microphone on mute throughout the session, unless you are asked otherwise by the host.
- This session will be recorded to enable people who couldn't attend to watch at a later date.
- The chat feature is turned on and will be monitored by the ABC team.
- If we don't get round to answering all your questions today, you will receive a response to your question via email following the event.

Housekeeping

- The booking link is still open for the remaining sessions. If you would like to attend please book on so we can send you the joining instructions.
- We will be promoting the session on twitter, so if you would like to share your thoughts, please tag in **@bcbeactive** and use **#BCPEConf** with your posts.

Session 3

Tuesday 25th May

3:30pm – 4:30pm

Assessing the Whole Child

Session 6

Thursday 27th May

3:45pm – 4:45pm

Using the power of Sport and Activity to support emotional and mental health

Booking Link:
bit.ly/PEconf21

Remaining Sessions

Session 4

Wednesday 26th May

3:30pm – 4:30pm

Can sport sanctuaries in schools help young people recover from the impact of a pandemic?

Closing Keynote

Tuesday 8th June

3:30pm – 5:00pm

Building Mental Well Being; from Reconnection to Recovery

Session 5

Wednesday 26th May

3:30pm – 4:30pm

Primary School Swimming

Session 7

Monday 7th June

3:30pm – 4:30pm

School Games and National School Sport Week

Booking Link:
bit.ly/PEconf21

Workshop Overview

ABC Introduction

- Role of Active Partnerships
- ABC Education Objectives
- National Priorities

Healthy Schools Programme

- Active Lives Survey
- DFE Healthy Schools Rating
- Healthy Schools Toolkit

Black Country Healthy Schools Platinum Award

- Award Process and Benefits
- Platinum Award Criteria
- Public Health Partners

Rainbow Campaign

- Breakdown of the Rainbow Hour
- Rainbow Hour Activities and Statistics
- Craig Ellicott from St John Bosco
- SMILE Rainbow Book

Rainbow Activism Programme

- Rainbow Warriors
- Rainbow Navigators
- How schools can apply

Rainbow Clubs

- What are Rainbow Clubs
- What could the Rainbow Clubs look like
- How can schools refine their After School Club offer

Role of Active Partnerships

- A network of 43 national organisations with the ambition of reducing inactivity
- Active Black Country covers the 4 Local Authority areas of Dudley, Sandwell, Walsall and Wolverhampton

Active Black Country Vision

‘That it is easier for Black Country communities to be physically active and to be safe secure and passionate about sport’

1. Develop a Lifelong Physical Activity Habit for all Children and Young People
2. Increase the number of Schools using PE, School Sport and Physical Activity (PESSPA) to impact on whole school outcomes
3. Increase the number of Schools using PE, School Sport and Physical Activity to contribute to tackling health inequalities



Health and Wellbeing interventions

Programmes and Campaigns

Designed to increase levels of Physical Activity alongside other health concerns across the region including nutrition, mental wellbeing and social and emotional development. This includes increasing capacity within schools to support and drive this agenda as well as advocating the role of placing PE, School Sport and Physical Activity (PESSPA) at the heart of school life.



National Priorities



HM Government

Childhood Obesity

A Plan for Action



Department for Education



Department for Digital, Culture, Media & Sport












Department of Health & Social Care

School Sport and Activity Action Plan

July 2019

Physical activity for children and young people (5–18 Years)












 BUILDS CONFIDENCE & SOCIAL SKILLS	 STRENGTHENS MUSCLES & BONES	 MAINTAINS HEALTHY WEIGHT
 DEVELOPS CO-ORDINATION	 IMPROVES HEALTH & FITNESS	 IMPROVES SLEEP
 IMPROVES CONCENTRATION & LEARNING	 IMPROVES HEALTH & FITNESS	 MAKES YOU FEEL GOOD

Be physically active


Spread activity throughout the day

Aim for an average of at least **60** minutes per day across week

All activities should make you breathe faster & feel warmer


 PLAY	 RUN/WALK	 BIKE	 ACTIVE TRAVEL
 SWIM	 SKATE	 SPORT	 PE
 SKIP	 CLIMB	 WORKOUT	 DANCE

Activities to develop movement skills, and muscle and bone strength **ACROSS WEEK**

Get strong  **Move more**

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019



UNITING THE MOVEMENT

A 10-year vision to transform lives and communities through sport and physical activity



School inspection handbook

Handbook for inspecting schools in England under section 5 of the Education Act 2005

This handbook describes the main activities carried out during inspections of maintained schools and academies in England under section 5 of the Education Act 2005.

Black Country Healthy Schools Programme

Active Lives Survey

Schools can be randomly selected or opt in to the process via ABC

DFE Healthy Schools Rating

Schools receive a rating once completing the survey. This can be a Bronze, Silver or Gold or no award if scoring insufficient points and is determined by a set of criteria from the DFE.

Healthy Schools Platinum Award

Schools with a gold rating can apply to Healthy Schools panel for the platinum award.

Active Lives Children's Survey

The Active Lives Survey for Children and Young people was launched in the 2017/2018 academic year. Designed by Sport England, DfE, DfH and DCMS, its purpose is to gain a detailed insight into the current physical activity habits of the nation's children and young people aged 5 to 16.

Active Black Country coordinates support to Schools to complete the survey.

How it works?

Sampled Schools

- 20 minute online survey (3 versions)
- Mixed ability class from 3 pre selected years groups
- One term to complete
- Teacher Survey
- Parent Survey *(for years 1+2 classes selected)*

Opt in Schools

- 20 minute online survey (3 versions)
- Any class or year group can be selected
- One term to complete
- Teacher Survey
- Parent Survey *(for years 1+2 classes selected)*

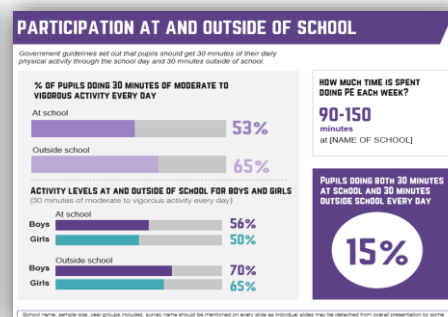
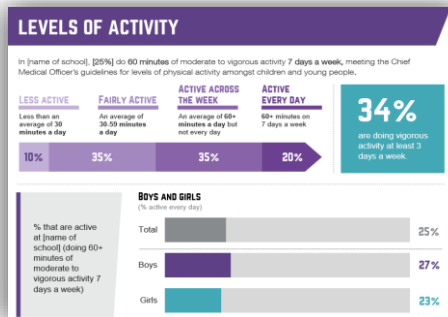
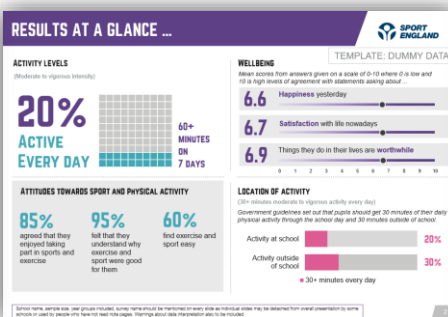
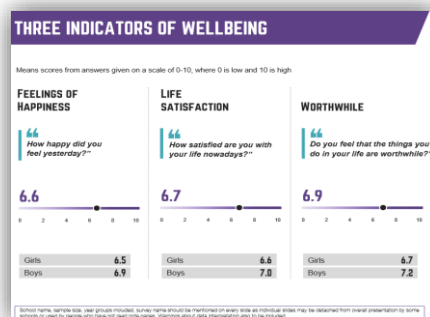
The Benefits

Each school will receive a bespoke report outlining their results from the survey covering measures:

1. Children's activity levels inside and outside of school
2. Physical literacy
3. Swimming proficiency
4. Well-being, self-efficacy and levels of social trust.



This will provide schools with evidence and insight into how the school is performing in terms of engaging its pupils in sport and physical activity. The report can then be used as a great baseline for the school to identify and plan their use of the Primary PE and Sport Premium funding or as a great overview of the health and well-being of their pupils.



Each schools randomly selected (not opting in) will also receive a voucher to use on Sports equipment from Sport England

DFE Healthy Schools Rating

Process

Schools complete a self-assessment (via the Teacher survey) as part of the Active Lives Children Survey process and then receive a rating based on their responses around 4 key areas.

- Food Education
- School Food Standards
- Physical Education
- Active Travel



**Bronze
40+
points**



**Silver
55+
points**



**Gold
70+
points**

The ratings are based on a points system with Schools receiving a certificate in addition to the bespoke report from the Active Lives Children's Survey.

Healthy Schools Rating Toolkit

Black Country Toolkit designed to support schools work through each of the award criteria for the Healthy Schools Rating

Toolkit Contains:

- Guidance on scoring and assessment criteria
- Key national and local resources and links for 4 areas
- Key local contacts and support
- Support framework for schools Intent, implementation and impact for each of the areas

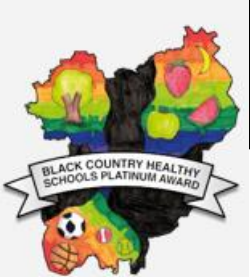


In partnership with:



Criteria	Healthy rating is a curriculum priority	Professional development for teachers on food	People enjoy catering staff in preparing food	Schools grow food on site for school meals	School provides extra-curricular cooking clubs
Maximum 25 points available	6 points	6 points	6 points	6 points	6 points
Criteria	<p>1. High school level</p> <p>2. The priority of planning and preparing a range of healthy meals</p> <p>3. The characteristics of a good cook and who can cook with confidence using the criteria and principles in the toolkit</p>	<p>All or completed teachers should further their professional expertise by seeking appropriate professional development in the toolkit, such as attending professional courses, undertaking practical training in the kitchen or gaining their subject knowledge through tasks in the toolkit and online training.</p> <p>The toolkit includes developing an action plan for professional development based on a needs analysis, audit and how this will be applied in school.</p>	<p>There are a number of ways in which schools can develop their catering staff. This could include practical training for catering staff or providing their own knowledge through tasks in the toolkit and online training.</p> <p>The toolkit includes developing an action plan for professional development based on a needs analysis, audit and how this will be applied in school.</p>	<p>Developing food in schools is a great opportunity to engage with your school community, creating team spirit and pride. It will also provide an excellent opportunity for schools to engage with the wider community. It can be a great way to raise the profile of your school and to provide a valuable service to the community.</p> <p>The toolkit includes developing an action plan for professional development based on a needs analysis, audit and how this will be applied in school.</p>	<p>Schools should provide an opportunity for children to learn about food and nutrition through extra-curricular activities. This could include cooking clubs, food festivals, and other activities that promote healthy eating and cooking.</p> <p>The toolkit includes developing an action plan for professional development based on a needs analysis, audit and how this will be applied in school.</p>
Documents and Resources	<ul style="list-style-type: none"> The Food Standards Agency Food & Fun Active Food Matters 	<ul style="list-style-type: none"> Food & Fun Let's Get Cooking Let's Get Learning Let's Get Growing Let's Get Reading Let's Get Writing Let's Get Thinking Let's Get Talking Let's Get Listening Let's Get Watching Let's Get Playing Let's Get Moving Let's Get Feeling Let's Get Acting Let's Get Dancing Let's Get Singing Let's Get Drawing Let's Get Creating Let's Get Making Let's Get Building Let's Get Fixing Let's Get Repairing Let's Get Maintaining Let's Get Improving Let's Get Enhancing Let's Get Enriching Let's Get Enthralling Let's Get Entertaining Let's Get Enlightening Let's Get Empowering Let's Get Encouraging Let's Get Inspiring Let's Get Motivating Let's Get Stimulating Let's Get Energizing Let's Get Exciting Let's Get Fascinating Let's Get Astonishing Let's Get Amazing Let's Get Incredible Let's Get Unbelievable Let's Get Unimaginable Let's Get Unfathomable Let's Get Unthinkable Let's Get Unbelievable Let's Get Unimaginable Let's Get Unfathomable Let's Get Unthinkable 	<ul style="list-style-type: none"> Let's Get Cooking Let's Get Learning Let's Get Growing Let's Get Reading Let's Get Writing Let's Get Thinking Let's Get Talking Let's Get Listening Let's Get Watching Let's Get Playing Let's Get Moving Let's Get Feeling Let's Get Acting Let's Get Dancing Let's Get Singing Let's Get Drawing Let's Get Creating Let's Get Making Let's Get Building Let's Get Fixing Let's Get Repairing Let's Get Maintaining Let's Get Improving Let's Get Enhancing Let's Get Enriching Let's Get Enthralling Let's Get Entertaining Let's Get Enlightening Let's Get Empowering Let's Get Encouraging Let's Get Inspiring Let's Get Motivating Let's Get Stimulating Let's Get Energizing Let's Get Exciting Let's Get Fascinating Let's Get Astonishing Let's Get Amazing Let's Get Incredible Let's Get Unbelievable Let's Get Unimaginable Let's Get Unfathomable Let's Get Unthinkable Let's Get Unbelievable Let's Get Unimaginable Let's Get Unfathomable Let's Get Unthinkable 	<ul style="list-style-type: none"> Let's Get Cooking Let's Get Learning Let's Get Growing Let's Get Reading Let's Get Writing Let's Get Thinking Let's Get Talking Let's Get Listening Let's Get Watching Let's Get Playing Let's Get Moving Let's Get Feeling Let's Get Acting Let's Get Dancing Let's Get Singing Let's Get Drawing Let's Get Creating Let's Get Making Let's Get Building Let's Get Fixing Let's Get Repairing Let's Get Maintaining Let's Get Improving Let's Get Enhancing Let's Get Enriching Let's Get Enthralling Let's Get Entertaining Let's Get Enlightening Let's Get Empowering Let's Get Encouraging Let's Get Inspiring Let's Get Motivating Let's Get Stimulating Let's Get Energizing Let's Get Exciting Let's Get Fascinating Let's Get Astonishing Let's Get Amazing Let's Get Incredible Let's Get Unbelievable Let's Get Unimaginable Let's Get Unfathomable Let's Get Unthinkable Let's Get Unbelievable Let's Get Unimaginable Let's Get Unfathomable Let's Get Unthinkable 	
Local Support					
Scoring Criteria	For schools to achieve a Silver or Gold award a minimum of 10 points are required from this section.				

Click here to view the criteria. [Link](#). [Teachers](#). [Schools](#). [Support](#).



Black Country Healthy Schools Platinum Award



The Process

- Schools with a Gold Healthy School Rating are eligible to apply.
- Applications available year round with the Healthy Schools panel meeting termly to assess and award successful schools.
- Healthy Schools panel to consist of experts from across the region in the relevant criteria areas
- Modification visit to be conducted by local Healthy School Panel member to verify and confirm the award

The Benefits

- Support schools in meeting statutory Health Education requirements from September 2020
- Successful schools will receive two year Healthy Schools Platinum award
- Electronic Kitemark, plaque and certificate
- Platinum Award Schools to receive support to develop video case studies of best practise to be shared across the region.
- Recognition at a celebration event such as ABC's Primary School Conference

In partnership with:



Criteria

The award assesses a schools whole school approach to food and nutrition and approach to embedding physical activity across the school day.

The Application enables schools to provide locality based approaches as evidence and utilise existing awards/recognition as examples of evidence. E.G. Existing quality marks from afPE, YST, School Games Mark and local programmes such as Sandwell's Emotional Wellbeing Charter Mark.

START YOUR APPLICATION

Complete our simple registration form to request an account. Your account will need to be approved by the Active Black Country team before you can log in and start your award application. Applications do not need to be completed in one visit and can be saved at any time and revisited when most convenient.

[Click here to find out more about the healthy schools rating scheme.](#)

*First Name	<input type="text"/>
*Surname	<input type="text"/>
*Job Title	<input type="text"/>
*School Name	<input type="text"/>
*Local Authority	<input type="radio"/> Dudley <input type="radio"/> Sandwell <input type="radio"/> Walsall <input type="radio"/> Wolverhampton
*Healthy Schools Rating	<input type="radio"/> Bronze <input type="radio"/> Silver <input type="radio"/> Gold <input type="radio"/> No Rating
*DfE School Number	<input type="text"/>
*Your Email Address	<input type="text"/>

Please note only one application per school will be available at any time.

SUBMIT

How it works

The online platform allows schools to complete their application at various points throughout the year saving your evidence and progress each time.

Schools can provide evidence however they feel most appropriate for meeting the relevant criteria area EG via:

- ✓ Testimonials
- ✓ Awards
- ✓ Pictures
- ✓ Newsletters
- ✓ Policies, minutes and data

Opportunity to receive feedback on your schools approach not only recognising best practice but through receiving dedicated support to talk through potential ideas or areas for improvement.



www.blackcountryhealthyschools.co.uk

AWARDS APPLICATION - PHYSICAL ACTIVITY

PHYSICAL ACTIVITY
needs to be defined and
measurable

IDENTIFYING NEED AND MONITORING IMPACT
Guidance
Effective evaluation of physical activity interventions is considered to be a complex process that requires the application of appropriate knowledge, experience, and resources. This guidance provides an overview of the key considerations for schools when evaluating physical activity interventions. It is intended to be used as a starting point for schools to develop their own evaluation framework. The guidance is based on the best available evidence and is intended to be updated as new evidence becomes available.

Evidence
Schools should outline the percentage of pupils meeting the target (based on the number of pupils who were assessed at the start of the intervention period) in the target area. The target should be a minimum of 10% of pupils meeting the target. The target should be based on the school's own data and should be realistic. The target should be based on the percentage of pupils who were assessed at the start of the intervention period. The target should be based on the percentage of pupils who were assessed at the start of the intervention period. The target should be based on the percentage of pupils who were assessed at the start of the intervention period.

STATUS 0% COMPLETE

DOWNLOAD GUIDANCE FOR ALL S PHYSICAL ACTIVITY AWARDS
DOWNLOAD YOUR APPLICATION

IDENTIFYING NEED AND MONITORING IMPACT
Please provide information that entered in this section. We recommend keeping a backup of information entered. You can also save your progress and return to this section later if you do not have all the information at the moment.

Enter Description

ATTACHMENTS

+ ADD UPLOAD **SAVE THIS SECTION**

SUBMIT YOUR APPLICATION
YOUR APPLICATION MUST BE FULLY COMPLETE BEFORE SUBMITTING FOR APPROVAL.

SUBMIT A QUERY ABOUT THIS SECTION
Please make sure you have saved your progress before sending your query.
Your query will be automatically directed to a member of the Healthy Schools panel for support.

Enter your query here

Enter your telephone number (or alternative contact method)

SUBMIT QUERY

Click the links below for more information
WHAT IS IT AND WHY? **HOW DOES IT WORK?** **BENEFITS OF THE AWARD**



Any questions?



Black Country Rainbow Hour Campaign

The campaign encourages all schools to provide **all** pupils access to **one hour** of Wellbeing and Physical activities **each day**.

The hour is flexible so can be delivered during school curriculum or for your pupils who are still learning remotely from home. It can be delivered in a one hour block or shorter intervals across a school day.



A dedicated campaign toolkit is available for schools to download who wish to be part of the campaign, including templates for social media posts, newsletters and websites. This will be circulated to all schools.

**For further details please contact Leah Goode at Active Black Country on:
Leah_Goode @blackcountryconsortium.co.uk**

A campaign website where schools can pledge their support and download all resources and materials has been created:

www.blackcountryrainbowhour.co.uk

#BlackCountryRainbowHour



The Rainbow Hour Resources: Rainbow Books

THE 7 STRANDS OF THE BLACK COUNTRY RAINBOW HOUR

The Black Country Rainbow hour has 7 strands of physical, emotional and creative activities that can support the recovery of the health and wellbeing of our children.



RED

Games Activities



YELLOW

Move More Activities



BLUE

Mental Wellbeing and Mindfulness Activities



VIOLET

Themed Celebration and Creative Activities



ORANGE

Health and RSE Activities



GREEN

Outdoor and Nature Activities



INDIGO

Personal Challenges and Competition Activities

Rainbow Hour Activities

Ball Skills Activities

A range of activities to develop correct technique and skill acquisition to support application in a range of ball activities and sports.

Throw & Catch

Age: KS1 - 4
Space Required: Sportsnet Field Playground or a clear space such as your garden.
Equipment: Cobble a range of different sized and shaped targets, cones, sports tin, bucket, hoops, ball of choice (appropriate for playing area) - football, basketball, netball, football, tennis ball, sponge ball, hockey stick & ball.
Notes / Targets: Participants improve and refine their ball control skills - throw, catch, hit, correct kick, carry, bounce about.

1. Throw the ball at the wall and catch. Try - 2 handed, 1 handed (left or right hand).
2. Throw ball at target on wall and catch - vary by increasing the distance and reducing the size of the ball each time.
3. Throw the ball at wall and catch in unexpected eg sockets, box.
4. Repeat but try and let the ball bounce once before catching.
5. Put an obstruction in front of target (defended) so the throw has to go over and land on target.
6. Use ball recoverer net / football - or plastic ball at net and catch, vary the distance ball thrown from net.
7. Learn to pick 2 balls, 3 balls, 2 handed, 1 handed.

Health & Safety: Make sure there is sufficient space to ensure correct distancing. All participants should have their own ball and not pick up or touch anyone else's ball. If you are unsure when collecting a ball from the container, all equipment should be checked for any sharp edges or damage. If you are unsure how to use any breakable objects or sharp tools, always use a soft ball, follow the principles on the book page.

#BlackCountryRainbowHour BlackCountryRainbowHour.co.uk

Rolling

Age: KS1 - 4
Space Required: Sportsnet Field Playground or a clear space such as your garden.
Equipment: Cobble a range of different sized and shaped targets, cones, sports tin, bucket, hoops, bench, tin, 2 lines of cones 30cm gap, ramp/inclined surface, softballs, small targets.
Notes / Targets: Participants improve and refine their ball control skills - throw, catch, hit, correct kick, carry, bounce about.

1. Roll ball along line, between cones and/or a bench.
2. Try and roll down an inclined surface to hit target. After direction and reduce the size of target to make it harder.
3. Roll the ball at a target but by changing hands. Vary width and distance of target each time to make it harder.
4. Roll ball along bench pick up ball.
5. Roll / kick ball at wall and pick up 2 handed or 1 handed. Pick up as cleanly as you can, don't fumble the ball.

The Rainbow Book

A collection of physical, emotional and creative activities to support all Black Country children and young people experiencing a Rainbow Hour every day.

First Edition

Mental Wellbeing & Mindfulness Activities

A range of creative activities to support and develop emotional and mental wellbeing, building confidence from early years right through to year 10 pupils, through positive physical, mental, social and emotional companionship, challenge and fun.

Christmas Eve Checklist

- Bake cookies for Santa
- Make reindeer food
- Put together gingerbread house
- Drive around to look at Christmas lights
- Sing your favorite Christmas carol
- Leave cookies out for Santa
- Leave reindeer food out for reindeer
- Put on your favorite Christmas Eve pajamas
- Read a Christmas story
- Go to bed early so Santa can come!
-
-

#BlackCountryRainbowHour

Footprints

Give two blank pieces of paper to each child. Ask each child to draw an outline of their foot on each piece of paper. Explain that one of these footprints will represent the past, and the other will represent the present. Ask the children to decorate and fill with words and/or drawings of their thoughts and feelings. Encourage children to refer to their thought-clouds to reflect on what emotions have already been shared.

Optional: Colours of the rainbow could also be used to represent particular emotions. Ask the children what each colour means to them and why? Red, Orange, Yellow, Green, Blue, Indigo, Violet.

Once the group have finished their designs, move to an open space so each child can place their footprints from the past safely in a cluster and then place their footprints from the present in a cluster. Discuss and explore any similarities or differences among their peers.

#BlackCountryRainbowHour.co.uk

Outdoor & Nature Activities

Providing outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage children and young people to work in a team, building on trust and developing skills to solve problems, either individually or as a group.

Wild Walk Week - 24th to 31st October continued

The Wildlife Trust for Black Country

What do I need to do?

- Set up your fundraising page on fundraising with **Wild Foot**.
- Socialise on your goal this could be anything you like e.g. a cross per day or kilometres travelled. You can check out some wildlife-themed suggestions below.
- Download the resources within your welcome email from us.
- Share your fundraising page with your friends and family, asking them to sponsor you.
- Keep us up to date with your progress by tagging using #WildFootWeek on your social media posts!

The hedgehog challenge

The spotters challenge

The migration challenge

13 Rainbow books have been launched with over 300 different activities across the 7 strands

Schools and Organisations Pledged: 166
41,000 children accessing a Rainbow Hour.



The rainbow hour

THE WELLBEING HOUR



Why we signed up:

- Our aims were quite simple. Due to the pandemic, we were very aware of the effect on mental, physical and emotional wellbeing.
- If children aren't feeling safe, well and comfortable at school, they will struggle to learn. Therefore, we prioritised wellbeing activities which are fun, engaging and Covid-safe at each stage.
- This has had a huge positive impact on confidence, independence, cooperation and all-round wellbeing.
- Therefore, we have decided to continue with this initiative as part of a broad and balanced curriculum as hopefully we head towards something like a new normal.

What is the Rainbow hour?

Rainbow hour is a time for wellbeing and the strengthening of a child's self-esteem. For us children, we have particularly enjoyed the outdoor activities and indoor mental wellbeing sessions because they let us express our emotions, be together and have lots of fun. Also, the gardening aspects of the rainbow hour gave us a feeling of confidence and responsibility. We are grateful to all our school staff for allowing us to do these things and prioritising wellbeing.

How did the rainbow hour impact us?

“It’s a great impact on my mental wellbeing. It helped me stay motivated during the global pandemic.” -Peter.

“I particularly enjoyed the gardening. All the contact with nature and fresh air was really relaxing and it cleared my mind of worries.” –Nadia

We all thoroughly enjoyed these well-being hours and it has impacted us in the way that we can speak of our emotions more willingly and comfortably than before. The gardening part connected us with nature and helped us to keep the world more eco-friendly, Many of us have done gardening now at home too.



Our Achievements!



We were fortunate enough to be named Chance to Shine Primary School of the Year, for all of the cricket activities we have offered, particularly during lockdown. We fully participated in National Cricket Week, completing activities in and out of the classroom. Cricket is great because it is socially distanced and a lot of fun.

The success of our garden project led to an appearance on BBC Midlands Today! Several children were interviewed and the whole class took great pride in showing the TV crew what they have been up to.





Gallery





SMILE Rainbow Booklet



A number of SGO's and Active Black Country have collaborated to bring you the Black Country SMILE Rainbow Booklet. The 5 SMILE strands are based on the new SEN Engagement model:

<p>Realisation <i>(light bulb moment)</i> how does the pupil interact with a new activity?</p> <p>Example - Cause and effect activities, intensive interaction ideas, peek a boo, back in the box, round and round the garden.</p> <p>Engagement - expression i.e. smile, wow, excitement.</p>	<p>Initiation <i>(spontaneous)</i> does the child independently engage in activity? Can they prompt another person to do the action?</p> <p>Example - a simple game (tag), play the game with the child, will they go and play it with someone else or come back for you to play it again. Must be game that needs more than 1 person.</p> <p>Engagement - does the child play the game again after being shown.</p>	<p>Exploration <i>(curious)</i> does the pupil show interest and curiosity in the activity?</p> <p>Example - obstacle course, will they follow it? Will they crawl, walk? An activity where they aren't shown exactly what to do.</p> <p>Engagement - How does the child explore?</p>	<p>Persistence <i>(continued effort)</i> does the pupil show perseverance or determination in trying to find out more. An activity that keeps their attention.</p> <p>Example - any sport/game will fit this one. It needs to be engaging, achievable - not too easy.</p> <p>Engagement - did they go back and try again? Doesn't matter if they didn't get it first time, they still had multiple tries.</p>	<p>Anticipation <i>(predict)</i> is the pupil able to predict or expect a particular stimulus with an activity?</p> <p>Example - Ball skills, Engagement - Physical response, will they open their arms for the ball.</p>
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#blackcountryrainbowhour blackcountryrainbowhour.co.uk

What is the Rainbow Booklet?

This SMILE Rainbow booklet has been designed as part of the Black Country Rainbow Hour Campaign which seeks to provide all children and young people with access to one hour of wellbeing and physical activity each day.

This booklet provides a range of wellbeing and physical activities for children with learning disabilities. It can be delivered in school as part of their Rainbow Hour or can be shared with pupils learning from home so everyone can be involved.

Red	Realisation Activities
Orange	Initiation Activities
Yellow	Exploration Activities
Green	Persistence Activities
Blue	Anticipation Activities

This booklet is activities based on the new SEN engagement model.

The process of engagement is a journey which connects a child and their environment (including people, ideas, materials and concepts) to enable learning and achievement. Engagement is the single best predictor of successful learning for children with learning disabilities (Grossman et al., 2005). Without engagement, there is no deep learning (Barghaves, 2006), effective teaching, meaningful outcomes, and attainment or quality progress (Department, 2009).

All activities within this Rainbow Booklet follow the concept of the SCs and are deliverable whilst following national guidance around social distancing.

- Allowing **Communication** (helping with healing and coping).
- Consistently** applied to support young people's need for routine and consistency.
- Activities that give pupils a sense of **Control** which prevents them from being consumed by emotional reactions.

Who is the Rainbow Booklet for?

For schools: To help plan your delivery of the Rainbow Hour each day or to share, either electronically or as a printed pack, with parents to share at home.

For Parents: The pack is designed to make sure your household can experience your school's Rainbow Hour everyday too!

blackcountryrainbowhour.co.uk

Rainbow Activism Programme

Primary

RAINBOW WARRIORS

Warriors Toolkit

*A resource for Activists,
Teachers and Schools*

Create an
unstoppable you...

Strength in **MIND**

Strength in **HEART**

Strength in **BODY**

Strength in **FRIENDSHIP**



An Eco-Friendly activism project for primary schools across the Black Country supporting school's sustainable recovery. The programme provides training, guidance and resources to enable a group of pupils to support the schools work across the 7 themed areas from the [Black Country Rainbow Hour](#).

Each School will receive training and be provided with resources to implement the project across school with support from Active Black Country throughout.

Who is it for?

The Rainbow Warriors project is targeted at 7 pupils from a Year 5 class at your school.



Rainbow Activism Programme



Secondary Rainbow Navigators

- Mental Wellbeing
- Inclusion
- Diversity
- The Virtual offer
- Partnerships and the Community
- Influencing Change

The programme provides training, guidance and resources to enable a group of pupils to support the schools PE, Sport and Physical Activity and wider school offer across 6 themed areas

Each Navigator will receive training and be provided with resources for them to carry out a range of tasks across the school. The project will also provide training for a nominated lead from the school enabling them to implement the project across school with support from Active Black Country throughout.

The Rainbow Navigators programme will develop pupils' soft skills and enable them to capture this through a portfolio of evidence that can support the wider development of each pupil's employability skills.

Who is it for?

The Rainbow Navigators project is targeted at 12 pupils from a year 9 class in your school.

Rainbow Clubs

Rainbow Hour After School Club

How they could look.....

- One Rainbow Club with a different theme/focus each week using the 7 Strands across a half term.
- A stand-alone Rainbow Hour Strand Club EG the outdoor and Nature Rainbow Club focussing on the theme for the whole half term.
- Clubs to utilise activities from the Rainbow Books or create your own!
- Any Rainbow Hour Activities completed schools through your schools can be added to pupils Rainbow Trackers to earn badges!
- Opportunity to target a new group of pupils with each strand!

Rainbow Hour Breakfast Clubs

How they could look.....

- One Rainbow Breakfast Club with a different theme/focus each week using the 7 Strands across a half term.
- A stand-alone Rainbow Hour Strand Club EG The Move More Breakfast Rainbow Club focussing on the theme for the whole half term.
- Clubs to utilise activities from the Rainbow Books or create your own!
- Any Rainbow Hour activities completed at the breakfast club can be added to the pupils Rainbow Trackers to earn badges!
- Opportunity to target a new group of pupils with each strand!



Rainbow Clubs is a great concept to use for both Breakfast and After School Club Provision. Embedding The Rainbow Book and themes to engage a wider range of pupils in your extra curricular offer



Thanks for listening



Any Questions?



Contact:

leah_goode@blackcountryconsortium.co.uk

Session 3

Tuesday 25th May

3:30pm – 4:30pm

Assessing the Whole Child

Session 6

Thursday 27th May

3:45pm – 4:45pm

Using the power of Sport and Activity to support emotional and mental health

Booking Link:
bit.ly/PEconf21

Remaining Sessions

Session 4

Wednesday 26th May

3:30pm – 4:30pm

Can sport sanctuaries in schools help young people recover from the impact of a pandemic?

Closing Keynote

Tuesday 8th June

3:30pm – 5:00pm

Building Mental Well Being; from Reconnection to Recovery

Session 5

Wednesday 26th May

3:30pm – 4:30pm

Primary School Swimming

Session 7

Monday 7th June

3:30pm – 4:30pm

School Games and National School Sport Week

Booking Link:
bit.ly/PEconf21

Thank you for attending.

All slides and links to all the recordings will be available at www.activeblackcountry.co.uk shortly.

Healthy Schools Programme

Leah Goode
Healthy Schools Co-ordinator
Active Black Country

Leah_Goode@blackcountryconsortium.co.uk

