

Progress Report - November 2015 The final phase of INSPIRE, leading up to the Rio 2016 Games

As members are aware, the INSPIRE Legacy programme was set up following the success of London 2012 to ensure young people attending Kent County Council schools would benefit and participate in a range of exciting experiences to encourage them to increase their participation in physical activity, sport and the arts. In doing so our young people would also experience working alongside Olympic and Paralympic role models and leading professionals working in some of the world class arts and culture organisations across the county.

Within this progress report you will also see how the INSPIRE partnership of role models from sport and arts organisations has continued to flourish and has impacted in such a positive way in so many of our schools. More than a third of KCC schools were directly involved in at least one of the Inspire programmes that took place during the course of the last academic year.



In this academic year, I am pleased to report that the INSPIRE programme has been extended to now include the Kent Children and Young People's Wellbeing team in our new programme 'INSPIRED Ways to Rio'.

This new programme aims to encourage children to increase their participation in sport, health related activities and the arts. In addition the programme is continuing to foster a range of personal development opportunities through working alongside role models from sport, the arts and the health sector. We are also planning an exciting Carnivals programme which will take place in every district in the summer of 2016 to generate interest and excitement for the Rio 2016 Games. In this way the INSPIRED Ways to Rio programme will contribute to Kent children's wellbeing in an innovative, fun and supportive way, leading up to the next Olympic and Paralympic Games and hopefully help us all to relive the excitement of London 2012.

I have included a brief overview of how our new programme INSPIRED Ways to Rio is being structured and delivered but members are able to access full details by going to the following link on our website.

www.kentschoolsinspired.org.uk

The progress report that follows is divided into two distinct sections. Part one provides members with an oversight of how we are working with schools during the course of this academic year as we build up to the Rio 2016 Games. Part two of the report provides for members some examples of the work that has been taking place with schools over the last 12 months. Please **view a film** of one of our Arts programmes that took place during the last academic year to get a real flavour of the inspirational work that has been offered to children through the INSPIRE programme.

Danny O'Donovan, Kent Schools' Olympic Legacy Programme County Co-ordinator



INSPIRED Ways to Rio - the final phase of the Kent schools' legacy programme leading up to the Rio 2016 Olympic and Paralympic Games



Building on the excitement and legacy of London 2012, INSPIRED Ways to Rio is an exciting programme, bespoke to Kent, that encourages children and young people to increase their participation in physical activity and sport, the arts, and personal development. By combining these elements, INSPIRED Ways to Rio is a programme running during the 2015/16 academic year that will contribute to children's wellbeing in an innovative, fun and supportive way, leading up to the Rio 2016 Olympic and Paralympic Games.

The INSPIRED Ways to Rio programme will support schools to:

- Encourage children and young people to participate in physical activity and sport
- Connect role models to the school for the benefit of children's health
- Increase children's awareness of healthier lifestyles and their own emotional wellbeing
- Understand the Six Ways to Wellbeing and how this can be adopted in school
- Work collaboratively with other schools in the district
- Develop a bespoke school action plan which incorporates up to a minimum of three activities from a menu of opportunities that has been developed by the Inspire team.



INSPIRED WAYS TO RIO Menu of Opportunities 2015-16



SPORT & PHYSICAL ACTIVITY	EDUCATION THROUGH ROLE MODELS	ARTS & CULTURE
<ul style="list-style-type: none"> Kent School Games / Sainsbury's School Games - Level 1 and 2 ^~ Extra-curricular Olympic or Paralympic sport club School Games Organisers - Local Packages ~ Satellite Sports Clubs ~ Traditional Games and International Sports Change 4 Life Sports Clubs ~ Six Ways to Wellbeing Workshop ^~ Health Calendar Campaigns ^~ 	<ul style="list-style-type: none"> Neuro-Linguistic Programming Workshop ^* Your Mind, Your Body, Your Emotions Workshop ^* Comfort Zones Workshop ^* Healthy Eating and Lifestyle Sessions ^* Zippy's Friends - Teacher Training ^~ Change4Life Champions ^~ Smoke Free Education ^~ INSPIRE Six Ways to Wellbeing Workbook ^~ Health and Wellbeing Legacy Planning ^~ 	<ul style="list-style-type: none"> Rio INSPIRED Carnival preparation workshop ^~ Creative & Choreographic workshops ~ Shakespeare Theatre & Performance ~ Discover new ways of seeing, learning and thinking ~ Six Ways to Wellbeing with Superheroes ~ Music for Change project ~ Develop Performance workshops ~ Charivari Day carnival workshops ~ Participatory Arts activities ~ Folkestone Artsworks Walks ~ Dance and Digital workshop ~ Care for the Planet Cardboard Creations ~
<ul style="list-style-type: none"> BE ACTIVE 	<ul style="list-style-type: none"> KEEP LEARNING CONNECT TAKE NOTICE 	<ul style="list-style-type: none"> CARE GIVE

Key: ^ Available as part of INSPIRED Ways targeted offer to Group One, Two or Three ~ Available through a partner or organisation involved in INSPIRED Ways ^ Resources available online as part of INSPIRED Ways universal offer to all Kent schools

Up to seven schools in each of Kent's education districts have been invited to be part of the INSPIRED ways to Rio programme. These schools were chosen because they have either been very proactive in engaging with INSPIRE programmes over a number of years or they are schools that have been identified by the Kent Children and Young People's Wellbeing Team as working in areas with Kent's highest health inequalities.

All of the targeted schools were invited to attend one of a series of county workshops during July 2015 where the INSPIRE team informed and enthused schools about the INSPIRED Ways to Rio programme. Plans for the programme's rollout were well-received by teachers and senior leaders alike, especially the opportunity to explore the impact on the emotional health and wellbeing of children and young people using the Six Ways to Wellbeing framework.

INSPIRED Ways to Rio - Themes



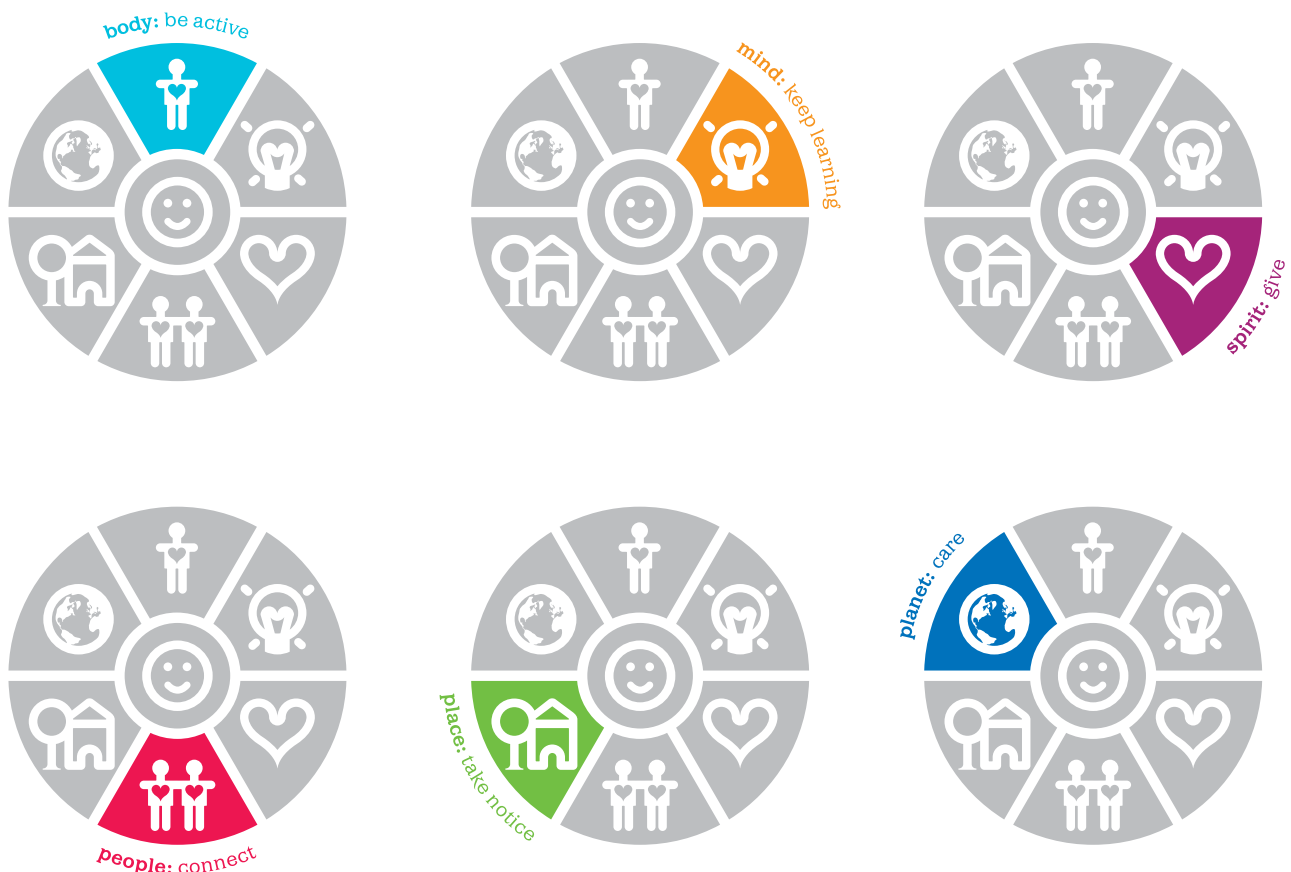
Health and Wellbeing, using the Six Ways to Wellbeing

Good emotional health and wellbeing leads to a sense of achievement and being inspired. The INSPIRED Ways to Rio activities have purposefully been linked to each of the Six Ways to Wellbeing to ensure that we inspire our children and young people to recognise their own emotional health and wellbeing.

Through INSPIRED Ways to Rio, the Kent Children and Young People's Wellbeing Team offers additional resources, training and workshops for both pupils, teachers and senior leaders in our targeted schools. The programme has successfully ensured a joined up approach by several KCC Services through one exciting and coherent opportunity.

The Wheel of Wellbeing was designed in 2008 as part of a Big Lottery programme. More and more research is showing us how certain things we do can improve our moods, reduce the risk of depression, strengthen relationships, keep us healthy and even add seven healthy years to our lives!

Connect; Be active; Take notice; Keep learning; Give; and Care for the planet a review of the most up-to-date evidence suggests that building these actions into our everyday lives is important for wellbeing. The Six Ways to Wellbeing run throughout the INSPIRED Ways to Rio programme, and our menu of opportunities is mapped against each of the Six Ways to Wellbeing.



INSPIRED Ways to Rio - Themes

Arts & Culture, and Rio INSPIRED Carnivals



Our network of Kent's world class INSPIRE arts organisations are working with schools to support the INSPIRED Ways to Rio Carnival Arts programme. In addition, they have highlighted ways in which their education programmes can help schools to develop the Six Ways to Wellbeing.

As part of 'INSPIRED Ways to Rio', INSPIRE Culture Schools in each Kent district are working with local schools to plan a celebration of the Pride Values to be held in July 2016. Young leaders from the INSPIRE Culture Schools will commission one of our leading Kent based arts organisations to help them design a 'Carnival' programme and to deliver workshops for seven schools in each district. As well as working closely with professional artists, young leaders will benefit from taking part in the 'Role Models' programme. Olympic swimmer Chris Cook and Paralympic athlete Tim Prendergast will provide additional support to help them as they take on this ambitious challenge.

Education through Role Models



Learning from role models is an important part of all of our lives, especially during our younger years as we explore what it is that inspires us. The INSPIRED Ways to Rio programme uses the positive influence of role models to impart key personal development messages to young people throughout the academic year. This year's focus is on three specific workshops, commissioned by Kent County Council and developed by Olympic Swimmer Chris Cook and Paralympic Athlete Tim Prendergast;

- Neuro-Linguistic Programming
- Comfort Zones
- Your Mind, Your Body, Your Emotions.

Each targeted school will receive the minimum of a one-day visit working with children and young people, and an additional whole school staff development workshop to ensure that the INSPIRED Ways to Rio programme is embedded within the school's vision and ethos.

Sport & Physical Activity



Competitive sport is clearly at the forefront of all Olympic and Paralympic Games and as with London 2012 we must use the stimulus of the Games in Rio to encourage our children to enjoy taking part in regular physical activity and to try out a wide range of different sports in both recreational and competitive settings where appropriate to the age and ability of the children. Engagement of our children through a varied and high quality physical education and sports programme is an important factor in helping to improve children's health and wellbeing in our schools.

I am pleased to report that KCC's Sport & Physical Activity Service are working in partnership with the INSPIRE team to support schools in all aspects of PE and School Sport development. This includes encouraging schools to be actively involved in the Kent School Games, providing training for teachers and liaising directly with governing bodies of sport to encourage their qualified coaches to run extra-curricular Olympic and Paralympic sports clubs in our schools. This support is not only being offered to our targeted schools, but also to all KCC schools across the county through a close working partnership with the Youth Sport Trust funded School Games Organisers who are operating in all Kent education districts.

PRIDE Values



Throughout the life of the INSPIRE Programme, the PRIDE Values have been a cornerstone for schools. The PRIDE Values provide an opportunity to recognise the commitment and enthusiasm of young people in demonstrating one or more of the Olympic and Paralympic Values, not only through their work in school but also through their help and support of the INSPIRED Ways to Rio Programme, or through perhaps their activity outside of school. Medals and certificates are available to schools to present to children who have been able to demonstrate through their work in school or their community, one or more of the following PRIDE Values.

- P**ersonal Excellence
- R**espect and friendship
- I**nspiration
- D**etermination and courage
- E**quality

INSPIRED Ways to Rio - InspiRecipes

As part of the Health and Wellbeing theme the INSPIRE team, working with the Kent Children and Young People's Wellbeing Team, is creating an additional opportunity for INSPIRED Ways to Rio schools.

InspiRecipes is a programme providing teachers with a collection of recipes that introduce healthy foods and cooking to children and young people. Inspired by South American cuisine and the Rio 2016 Olympic and Paralympic athletes, the InspiRecipes programme will form the basis for inspiration in the classroom, for individual, group and whole-class activities. The programme aims to be adaptable, and teachers will use InspiRecipes as a starting point and change the activities to fit their school opportunities and delivery style. An initial collection of 10 InspiRecipes will be developed for launch in January, and is being accompanied by an afternoon cooking workshop for children and an after-school parental engagement session for all targeted INSPIRED Ways to Rio schools.



INSPIRED Ways to Rio - Targeted Schools

Ashford	Downs View Infant, Beaver Green Community Primary, Great Chart Primary, Ham Street Primary Academy, The John Wallis Academy, Godinton Primary and Highworth Grammar.
Canterbury	Hersden Primary, St John's CE Primary, Wincheap Foundation Primary, Hampton Primary, Simon Langton School for Girls, and St Alphege CE Infant.
Dartford	Manor Community Primary, Dartford Primary Academy, Oakfield Community Primary, Temple Hill Primary, The Brent Primary, Stone St Mary's CE Primary, and Wilmington Boys' Grammar.
Dover	Hornbeam Primary, St Martin's, Priory Fields, Barton Junior, St Marys CE Primary, Selsted CE Primary, Vale View Community Primary and Astor College
Gravesham	Painters Ash Primary, Culverstone Green Primary, Cecil Road Primary, Meopham Community Primary, Northfleet School for Girls, and St John's Catholic Primary.
Maidstone	Sutton Valence Primary, Treetops Academy, Ulcombe CE Primary, Molehill Academy, Lenham Primary, Sandling Primary, and Valley Park.
Sevenoaks	St Bartholomew's Catholic Primary, St John's CE Primary, Four Elms Primary, Hextable Primary, Sevenoaks Primary, and Milestone Academy.
Shepway	St Nicholas CE Primary, St Eanswythe's CE Primary, Brockhill Performing Arts College and Hythe Bay CE Primary
Swale	Eastchurch Primary, Minster in Sheppey Primary, Rose Street Primary, Teynham Parochial CE Primary, and St Peters Catholic Primary.
Thanet	Holy Trinity & St John's CE Primary, Cliftonville Primary, Laleham Gap, Northdown Primary, Bromstone Primary, Chatham & Clarendon Grammar and Priory Infant.
Ton Malling	Snodland CE Primary, St Katherine's, Aylesford Sports College, Hadlow School and Hillview School for Girls.
Tun Wells	Cranbrook CE Primary, St Barnabas CE Primary, Rusthall St Paul's CE Primary and Pembury Primary.

Due to budget constraints we have only been able to offer the enhanced programme within INSPIRED ways to Rio to a maximum of 72 schools. We have however provided for all KCC schools access to a wide range of resources via our website which schools can download and use during the course of this academic year. Targeted schools are also being challenged to link up with neighbouring schools to share ideas and invite both staff and some of their pupils to take part in events that are being organised through the INSPIRED Ways to Rio programme.



INSPIRE 2014-15 Leading through Culture - INSPIRED Futures

In September 2014 leading Kent arts providers challenged Young Arts Leaders from all across the county to work alongside them to solve problems and create outstanding art works.

600 Young Arts Leaders from 60 Leading through Culture Schools worked alongside artists to take the challenge and learn more about how artists work. They led 'challenge teams' in their schools to work on problems like "Most girls only dance the pretty dances, and most boys don't dance at all. Why?! How do we get dance to be more equal? How do we learn more skills? How do we 'Step Up'?"

Kent pupils aged 3 -18 learned about what it takes to be an artist by working to real life briefs and solving real life art questions. Each arts organisation held a 'Work like an artist day', bringing together all of the young leaders who they were working with on their challenge. They shared their skills and experience and gave the students the chance to meet arts leaders from other Kent schools. Our young leaders developed as artists and as arts leaders. Perhaps most importantly, they developed their ability to reach high to meet their own goals and the challenges set by others.

Throughout the autumn term 2014, schools worked hard to produce dance, films, sculptures, poetry, marketing campaigns, textiles, photographs, puppets, performances, songs – and even some cakes!

In March 2015, the young leaders met again to present and share the results of the challenges. Four 'Big Share Days' were held at fantastic venues in all four corners of Kent. Students, teachers and artists shared what they had done, swapped ideas and learned about how different artists work. Each 'Big Share Day' ended with a 'Call for Action'; the young leaders told us exactly why working with artists is so important to them. Each 'Call' was different; from origami promises in Folkestone's Payers Park, to a Rio inspired conga around the Brook Theatre in Chatham – complete with placards!

Here is a flavour of some of the activities that we saw at the 'Big Share Days'. To see our film about INSPIRED Futures, click [here](#).



Big Share Day - LV21, Gillingham Pier 23rd April 2015

Young leaders and teachers from The Brent, Fleetdown, Sevenoaks, Holy Trinity, Pembury, Hadlow, Cage Green and Pembury Primary Schools, Wilmington Boys Grammar and Broomhill Bank were invited aboard LV21 to share and celebrate.

On a wonderful sunny day the ship was alive on deck and below with arts activities, presentations, film screenings and an awards ceremony, all led by the young leaders.

The children saw a fantastic range of work made in response to the challenges set by LV21 and Animate Arts. The Paper Orchestra is just one example of the amazing work created - click [here](#) to watch.



Big Share Day - Gulbenkian Theatre, Canterbury 26th April 2015

The whole of the Gulbenkian and Colyer Ferguson Concert Hall at the University became an INSPIRE Big Share space for young leaders from St Alphege Infants, Herne Infants, Bromstone, Newlands, St Nicholas, St Joseph's Primary Schools and St Anselms, King Ethelbert, Charles Dickens and Chatham and Clarendon Grammar School.

Young leaders showcased superb work made in collaboration with Animate Arts, Tall Tales Big Moves, and Dreamland. Priory Infants were unable to attend, but sent their own challenge to the other young leaders with an animal hunt and exhibition of their work.

Poet Dean Atta worked throughout the day with the young leaders to write a joint performance piece which was presented as a joint call for action at the close of the day. Every young leader made their voice heard in a passionate 'shout' for the Arts.



**Big Share Day - Folkestone Quarterhouse
24th April 2015**

Young leaders gathered from Godinton, Kingsnorth, Mersham, Green Park, Sandwich and Hythe Bay Primary Schools along with Dover ARC, Hillview, The North School, Towers School and Highworth Grammar School for Girls. The Quarterhouse gave young leaders, artists and teachers free run of the building for a day of seminars, exhibitions, group reflection and artist 'speed dating'!

Young leaders had worked with Stour Valley Arts, Creative Foundation artist Dawn Cole, The Jasmin Vardimon Dance Company and Turner Contemporary.

Brockhill young leaders led a collective origami session. Everyone wrote their arts wishes onto paper then folded into a beautiful flower. Turner Contemporary Navigators invited the students to write promises of action for the arts on Japanese 'Ema' at the end of the day, young leaders, artists and teachers formed a procession to nearby Payers Park and laid the flowers and 'Ema' for the community to read.

**Big Share Day - Brook Theatre, Chatham
30th April 2015**

The Brook Theatre threw open its doors for an Art Party, hosted by Icon Theatre. Young leaders from Riverview and Riverhead Primary Schools, St John's Academy and Gravesend Grammar had worked with Flexer & Sandiland, building up to the day.

The students were shown how to dance interpretively, and invited to lay on the floor to watch gravity defying films made by Valence School projected onto the ceiling. Propeller Theatre Company and their young leaders from Gateway Primary, Milestone Academy and Valley Park led performances that brought Shakespeare and the curriculum together.

Young leaders from Our Lady's, Painters Ash, New Ash Green and St John's Primary Schools, with Northfleet School for Girls and Northfleet Nursery together showcased the art of puppetry and puppet making.

A song was composed, and banners and placards were made for a final joyful 'Art demonstration' as the day ended dancing around the Brook Theatre to the tune of a Rio Samba beat.



Inspirational Role Model Visits to Schools

Thousands of children across Kent were inspired by the visits from Paralympian and Olympian Tim Prendergast and Chris Cook. The fundamental aim of this personal development programme, commissioned by KCC and bespoke to Kent schools, was to inspire young people to set and achieve their personal goals, to celebrate their achievements and to make a positive contribution to their school and community. The programme content was developed by Athlete Mentor and role model Chris Cook, former Olympic swimmer, European and World medalist, and Commonwealth Gold medalist.

Throughout the programme, identified children and young people were guided through:

- The exploration of their personal dreams, goals aims and ambitions, learning how to goal set and raise their own bar in life.
- Tasks that will encourage them to identify their own personal comfort zone and how they can take steps to face challenges with resilience.
- Ways to maintain healthy mind, body and emotion.
- How children and young people can all work together, through peer support, to create and encourage a supportive environment where everyone's success is important.
- Why it is important to have great role models and how they can become great role models too.

So many children from primary schools across Kent were inspired by the visits from Tim Prendergast, Paralympic athlete, and Chris Cook, Olympic Swimmer, that they decided to share their dreams and aspirations but also their favourite moments from the school visits.

Chris said, 'to see so many children eager to write or draw their feelings about the school visit really does demonstrate impact. I'm always blown away by how children take in the key messages from my story and then apply it to where they feel they are in their lives. It feels amazing to be part of this programme especially when you see so many young people and schools excited to explore their aspirations.'

The INSPIRE programme has aimed to inspire children, students and teachers but both Tim and Chris were often the ones leaving a school feeling inspired themselves by the aspirations of some young people.



For further information about INSPIRE, the Kent Schools' Olympic Legacy Programme, please visit www.kentschoolsinspired.org.uk

INSPIRE, the Schools' Olympic Legacy Programme is delivered by:

**Kent INSPIRE Programme Team
Kent Sport & Physical Activity Service
Kent Children and Young People's Wellbeing Team
Kent Arts and Culture Service**