



Welcome to the first Be Active Newsletter of 2019. In this newsletter we look for your help in creating a Guernsey Activity passport that aims to help young people to get out and about in the Bailiwick, trying new things, eating healthily and being active. We are also relaunching the beautiful RD leak Trophy in recognition of helping young people be more active by the sea...and we also remind colleagues of the power of vegetables.

### Ditch gadgets and climb trees – Help us design a Guernsey Activity passport

One of the key messages about being active is that it isn't weather dependent - being active in all weathers is good fun....but it is nice to see a reminder of what fun being active in the summer can be. So here are St Mary and St Michael pupils jumping into the Venus Pool in Lihou and Herm pupils jumping off the wall in Havelet and, of course, dolphin watching



Over the Christmas period the UK government had an enjoyable diversion from the tribulations of Brexit as they introduced an activity hand book – see the enclosed video to explain: [my-activity-passport](#).

The 'My Activity Passport' list is described as being '*part of the UK Education Secretary's vision for every child to have the opportunity to enjoy new and varied experiences, no matter their background - comprising of key areas: drive and tenacity; sticking at the task at hand; understanding how to work towards long term goals when reward might be a long way off in the future; and being able to pick yourself up and bounce back from life's challenges*

And what better place than to develop an activity passport than in Guernsey? There are so many opportunities to enjoy different, exciting experiences in Guernsey that we decided to begin work on a Bailiwick of Guernsey version. Elsewhere the passports or teenage bucket lists cover all aspects of young people's lives but we would really like to focus on two aspects - Getting young people to enjoy and embrace healthy living so our passport will focus on being active and eating healthily.

Over the past few weeks a few of us have enjoyed thinking up what should be included in our passport. We've been reminiscing about our own childhood and talked to today's youngsters to find out what they particularly enjoy. Special thanks to D'Arcy Brimson, our

outdoor education advisor, Ellie Gould, community dietitian and colleagues from the Sports Commission who have come up with lots of great ideas.

And now it's over to you. Have a look through our activities (which are listed at the bottom of this newsletter) for pupils in reception through to year 6 and we'd welcome any more ideas – or let us know if our activities aren't effect enough. Can we have responses by Friday February 15<sup>th</sup>. Our plan is to trial with a school and/ or youth organisation. Send ideas and responses to [alun.williams@gov.gg](mailto:alun.williams@gov.gg)

## Learning linked to the Activity Handbook: A 'passport' to trees"

Running parallel with our Activity Handbook is some exciting training that is being offered to our teachers (and hopefully colleagues from the Be Active Forum if we ask nicely)

### **Day 1 Tuesday 26<sup>th</sup> March "A 'passport' to trees"**

This day will show many ways we can work with this by looking at working with trees across the curriculum and planning these into the curriculum. This will explore some new ways of connecting with trees

- Ways of observing trees' - Tree ID and tree phenology ie planning into the curriculum key tree observation times – from bud-burst through to fruiting and leaf senescence or in plain language turning colour and falling.
- Interacting with 'Tree structure and Biology' – how do we explore ways tree grow in a 'participative' way – observing and 'building' trees!
- 'The world's best climbing frame' – tree climbing and risk assessing for this most important of all children's activity.
- 'Tree Play' – from basic play with twigs and sticks through to the all-important 'home making' and shelter building

Plus 'A whole maths curriculum' – angles, shapes and patterns; 'Poetree' and how trees have inspired poetry and writing through the years; 'Treeart' exploring the many forms of tree

### **Day 2 Wednesday 27<sup>th</sup> March "Story and Creative craft"**

This day will look at how to incorporate some basic practical 'craft' skills into storymaking and telling in the outdoors. It will be for any primary practitioners.



### **Day 3 Thursday 28<sup>th</sup> March "The art of natural world - connecting through words and pictures"**

Many natural history words common in our language are being lost and this 'literacy' day will look at how we can reinvigorate a love of nature through words and even make up our own through the medium of sketching, creative writing and oral wordsmithing.

If you are interested in attending – please contact Alun Williams in the first instance – at [alun.williams@gov.gg](mailto:alun.williams@gov.gg)

## Have you or your school/ Youth organisation been active by the sea? Here's your chance to win the relaunched RD Leak trophy

One of Guernsey's most beautiful sporting trophies is the RD Leak trophy. The trophy was presented in the memory of RD Leak 'A zealous member of the Guernsey Amateur Swimming club'. The Trophy was first awarded in 1900 and won by 'Secondary School' – in a time of 4 mins 33 secs. The trophy was last won by Elizabeth College in 1984.

This snippet taken from the Elizabeth College Archives in 1952 gives a flavour of the competition over the years:

### THE LEAK TROPHY



*This Trophy is competed for by teams of four boys under 14 years of age. The competitors each swim 1 length freestyle.*

*This year the College entered two teams. Elizabeth College "A"— Lamprill, Gale, Renell, Leale. Elizabeth College "B"— Parker ii, Wiltshire, Cranch, Matthews.*

*The teams did not have much time for training, and they must be congratulated on their fine swimming. "A" were placed second with a time of 1 min. 58 sec. Only .8 sec. slower than the winners' time of 1 min. 57.2 sec. "B" was placed fourth, only a few yards behind. There were six teams competing.*

We now want to relaunch the trophy and want to award it to schools/ youth organisations who have demonstrated a commitment to getting young people active on the water – so that could be swimming, sailing, surfing etc.

If you want to nominate an organisation or an individual who has worked hard to encourage young people to enjoy sea-based activities please send an email to Alun Williams at [alun.williams@gov.gg](mailto:alun.williams@gov.gg) with a 50 word summary of the nominee. Entries to be received by Friday 16<sup>th</sup> February.



We relaunched the trophy with our colleagues at the Guernsey Sailing Trust yesterday appropriately with pupils from Elizabeth College who sail with the trust. Even more appropriately Sailing Trust Employee Sarah Creasey is holding the trophy. Over 100 years ago Sarah's great grandfather, as President of The Guernsey Amateur Swimming Association, was very involved in officiating in the galas where the trophy was competed for.

There is a very clear link between being active and eating healthily so a quick final word for the food campaign that we are endorsing and supporting at the Health Improvement Commission. Veg power is a national marketing campaign that was launched over the weekend for 10 weeks, looking to put a new take on vegetables and give them some of the marketing space and expertise that is usually given to less healthful products like fast food and sugary drinks. A link to the campaign is here: <https://vegpower.org.uk/#advertising>  
The new Twitter feed #EatThemToDefeatThem has now been released.

It would be really great if schools and other organisations working with young people felt this was a fresh theme to support. If you decide to become involved let us know what you are doing – so we can support you. Lastly here’s the schedule for the vegetables – starting with everyone’s favourite – carrots!



LET'S POWER UP OUR KIDS WITH VEG

**VEGPOWER**

Veg of the Week

25-Jan	TV advertising campaigns starts
04-Feb	Veg of the Week - Carrots
11-Feb	Veg of the Week - Sweetcorn
18-Feb	Veg of the Week - Broccoli
25-Feb	Veg of the Week - Peas
04-Mar	Veg of the Week - Cauliflower
11-Mar	Veg of the Week - Butternut Squash
18-Mar	Veg of the Week - Cabbage
25-Mar	Veg of the Week - Peppers
01-Apr	Veg of the Week - Tomatoes
08-Apr	Veg of the Week - Cucumber
14- Apr	TV advertising campaign ends



## The activities by year group

### Reception

1. Visit a farm
2. Plant some bulbs and watch them grow
3. Go on an autumn walk and collect conkers
4. Make leaf rubbings
5. Taste a new fruit
6. Fly a kite
7. Make a paper boat and see if it floats
8. Search for butterflies outdoors
9. Make a treasure map
10. Make a home for an insect or small creature
11. Go to a beach at low tide (and take a photo).....
12. ....Go to the same beach at high tide (and take a photo)
13. Do some drawings on pavements in chalk
14. Look for tadpoles
15. Listen for bird

### Year 1

1. Make some savoury biscuits
2. Make and taste chapattis
3. Discover what is in a pond
4. Create a piece of art from outdoors for an exhibition and a story to inform
5. Look up at the stars on a clear night
6. Perform a dance
7. Go on a hunt for some insects or small creatures
8. Create a collage outdoors
9. Roll down a hill
10. Make a daisy chain
11. Build a den
12. Learn to skip

## Year 2

1. Take a trip to beach and play in rockpools
2. Bake some savoury biscuits
3. Become a nature detective
4. Eat something you've not tried before
5. Learn to identify some of the constellations of stars in the sky
6. Start a vegetable patch
7. Pick and eat blackberries
8. Have fun in the rain
9. Go bird watching
10. Walk barefoot on the sand or on a nature trail
11. Walk to a dolmen
12. Learn to skip in a pair

## Year 3

1. Take part in meal like families ate during the occupation
2. Create a mosaic
3. Climb a tree
4. Make something out of wood
5. Cook outdoors
6. Produce rubbings of tree barks
7. Have a go at yoga
8. Eat something you have grown
9. Stay away from home for a night
10. Go for a scramble around the rocks at low tide
11. Helm a boat
12. Play Pooh Sticks on a douit

## Year 4

1. Walk to the Fairy Ring
2. Choreograph a dance
3. Make a sculpture
4. Explore inside a cave
5. Walk through a forest/ round the reservoir
6. Visit a German fortification
7. Skim stones
8. Visit a castle
9. Swim outside in the sea
10. Go hiking
11. Take part in a treasure hunt
12. Do a blind tasting of different fruits
13. Cook outdoors on a fire
14. Pull up a sail on a boat

## Year 5

1. Learn something new about your Parish
2. Learn to moon walk
3. Use an OS map
4. Go orienteering
5. Do a blind folded taste test
6. Make a large scale model
7. Climb something that is taller than you
8. Walk to the top of a hill
9. Pick up litter in your Parish
10. Plan and cook a meal
11. Do a blind tasting of vegetables
12. Go fishing
13. Create a sculpture trail

## Year 6

1. Sleep under canvas
2. Make a fruit dessert
3. Organise tea for parents and carers
4. See the sun set
5. See the sun rise
6. Go on a picnic
7. Skip for a minute
8. Go geocaching
9. Organise a team game for four + people
10. Swim at the bathing pools
11. Walk up Jerbourg steps
12. Learn to waltz
13. Do a beach clean
14. Learn to do a pushup
15. Learn how to make a delicious meal for one