



**Welcome to April's edition of the Be Active
Newsletter**

**Thursday 5th April is National Walk to Work day – Let's
get Guernsey Walking**



Walking is one of the most effective and easiest ways of making inactive young people become more active and there are a huge number of benefits to walking.

In Guernsey, most of us live close enough to our office, school and amenities to include walking as part of our commute. Even if individuals are not close enough to walk the whole way in, why not park further away and walk the last part of the journey?

Here are some of the benefits of including walking in your daily activity:

- It is a great way to keep the doctor away. Just a 20-minute walk per day helps prevent and manage chronic illnesses, including reducing the risk of death from cancer and can also help prevent dementia.
- It can improve your mood as well as boosting your creativity.
- Has a positive effect on your heart, including lowering your blood pressure and reducing the risk of heart disease.
- Strengthens your bones and muscles.
- Improves your balance and coordination.
- Reduces the pollution that would be generated by driving or using public transport.
- Walking can help maintain a healthy weight.
- Can help get you in the right frame of mind for the busy day ahead!
- It's free! Therefore considerably cheaper than driving.
- Gives you the opportunity to appreciate the world around you.
- It's the easiest way of getting exercise into your daily routine.

... And let's look forward to walk to school week, 20th-24th May when various schools will be encouraging children to start the habit of a lifetime.

Look out for La Houquette walking bus (pictured below)



[Read more about Walk to Work Day 2019](#)

Revisions to the new Highway Code for Guernsey

It's good to see that changes in the new highway code have made using Guernsey roads a little safer with the introduction of new laws protecting cyclists and pedestrians. In particular; painted pedestrian walkways must be treated as footpaths, there is strengthened wording in reference to pavement surfing and there are now offences for parking or driving on cycle lanes and shared paths.



[Read more about the new changes](#)



'Be Active... It's Fun to Run'

'Fun to Run' is a one hour session to encourage everyone to enjoy activity and to learn the most effective ways of running and walking.

As we seek to encourage the whole community to be active our main aim is that everyone just follows, small, incremental steps to incorporate activity into their lifestyles. One of the ways that we have encouraged this is to teach the basics of running and walking and, as it has proved popular, we have developed a one hour 'fun to run' programme where we think about the basics of how to walk/run and we guarantee that by the end of the hour you will be more efficient and effective in your movement.

We start off by looking at the running style of.... Well, who else but Usain Bolt... and pick out three aspects – looking tall, lifting your knees high and then pumping with your arms. Then we do a few exercises and move onto the most exciting element – Doing our light gates competition.

Here we time everyone as they walk/ run through the light gates and immediately know their times. It's all a bit of fun...with a competitive edge!

Some of our recent competitors are pictured taking part in the lights gate challenge. Our early years professionals on the Be Active course and a pupil from Herm School.



If you would like us to hold a session for your organisation and colleagues please contact Alun Williams at alun.williams@gov.gg



Herm Island Be Active passport for kids: Tick your way to fitness

Congratulations to Herm School whose pupils have put together a great list of local sites for visitors and locals.

They have measured the distance in minutes and worked out the distance in miles. It's on a large grid that can be ticked off when you follow the routes and visit the sites.

They've also discovered some sites that are off the beaten track. – Narnia to Silver Jesus takes a bit of discovering!



This is a wonderful resource and will give everyone the chance to discover the beautiful secret charms of Herm whilst having fun and being active.

And they've included some exercises, their own version of the Herm Burn, with a two minute series of activities – star jumps, crunches, squats, push-ups, lunges, squats.



Herm School headteacher Mary Carey said;

"When we saw that Guernsey was going to create a Be Active passport, I thought it would be fun to create one for Herm Island for holidaymakers' children and visiting schools to do.

We spent several sessions discussing where we would set the routes, what activities we would include and how we would measure time and distance.

The KS2 children brought their mobile phones to measure time and distance as we compiled the list by walking the routes ourselves.

The children wanted to include areas that we have named, e.g. Narnia, Ariel's tree from The Tempest from our school studies. We then decided that these would have to be included in photographs on the passport for clues to their location. It makes it a more fun activity as almost a quiz/hunt to try and find locations as well as do the grid.

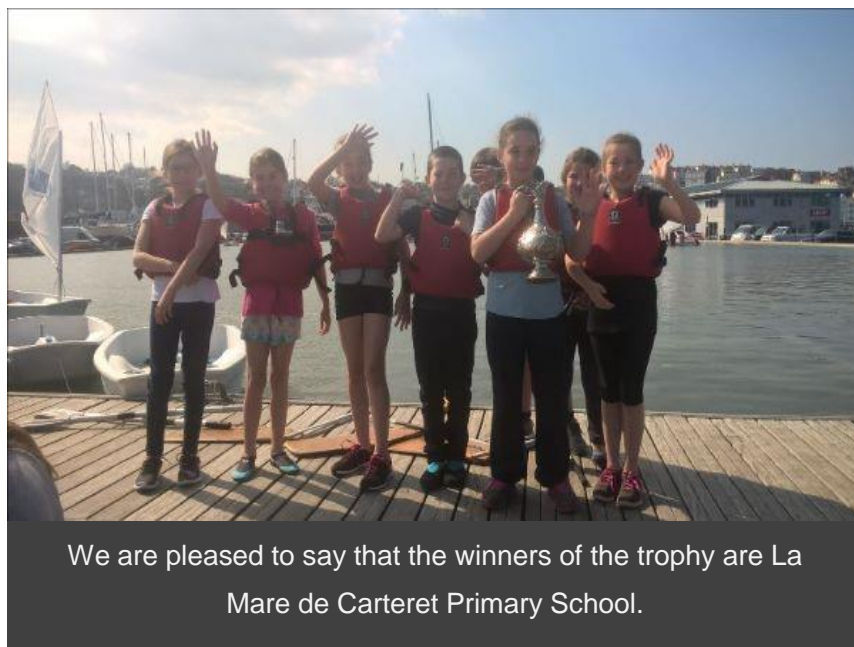
Our KS2 children made the final edition of the passport, inserting photographs and arrows. They also included a grid for a week so that when activities were completed, a daily total of active hours could be recorded.

We included a 100m dash and an activity called the Herm Burn as an alternative to the Herm Burn we sometimes get in the summer!

When testing the final passport, we discovered Narnia to Silver Jesus is longer than Jesus to Narnia as the first route was uphill!

We hope that visiting children will have as much fun completing the passport as we had creating it."

Congratulations La Mare De Carteret Primary School - Winners of the RD Leak Trophy for being active by the Sea



In our Last Be Active Forum newsletter we announced that we would be presenting the revised RD Leak Trophy to a school/organisation that has

demonstrated a commitment to getting young people active on the water. The original RD Leak Trophy is one of Guernsey's most beautiful sporting trophies. 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.



Here's part of the citation written by headteacher, Kim Hutchison – clearly bursting with pride at the efforts of her staff.

'I would like to nominate my wonderful staff at La Mare de Carteret Primary for embracing the fantastic learning opportunities our children get from Reception to Year 6 as part of our Sea Activities programme. This programme has been embedded within the PE curriculum for the past three years. All children have the opportunity to swim at Cobo three times a year in July and September and our participation data is

testament to its success. (the School has over 90% attendance at the sessions). We have 13 members of staff trained which makes this momentous task possible.'

Be Active Early Years Training Day Part 2

Over twenty Early Years Practitioners participated in our second day of Be Active Early Years training a few weeks ago. The purpose of the training was to consider how Early Years Settings can provide opportunities for young people to be more active. We also paid visits to Early Years Centres to discuss how their environment can encourage outdoor learning.



Over the two days the staff were really engaged, positive and demonstrated that they were very enthusiastic to encourage more activity for all children under 5.

We are planning to build on the training with a programme of support over the coming months.

On Day 2 we learnt about Outdoor Learning from teachers, Emma Dorrian and Emma Bowen, from Vale Primary School, learnt a number of warm-up exercises and fundamental skills, discussed portion sizes for under 5's with Community Dietitian, Ellie Gould, and experimented with children's yoga.



Participants practicing their boat yoga stance.

Be Active is a States of Guernsey community response to promoting physical wellbeing and leading active lives among young people in the Bailiwick. For further information please visit gov.gg/beactive