



UP & UNDER SPORTS

CHRISTMAS NEWSLETTER

2020



Well, what a year it's been! Easily the most challenging of our 10 years working in schools. 2020 will always be remembered for the Coronavirus pandemic and unsurprisingly it had an enormous effect on our business and our delivery in schools. Unquestionably the main focus of this year to date, has been our response to the virus and ensuring that our staff, pupils and teachers are safe and well, whilst trying to maintain the best quality of provision that we can under very challenging circumstances. But we have overcome these challenges to provide our schools and parents with high quality, active and more importantly than ever fun and engaging sessions to ensure the children are getting some exercise during a time when outdoor activities are essential for our children's wellbeing.

During the past 9 months we have been blown away by the dedication and commitment shown by headteachers, senior management, class teachers, support staff and our very own coaches in ensuring the show goes on and that the children can have some sort of normality during such extraordinary times!

With all this in mind, we thought that for our Christmas newsletter we would share some of the highlights that our staff have experienced during these challenging times!



Ollie Parry

At Coaley Primary I had SEN student who typically would not join in with PE, choosing to play with other equipment in a separate space with his TA. Last week we played a rounders alternative in which 6 tennis balls needed to be collected from the outfield whilst the batting team ran around a rounders diamond. This student immediately wanted to become the organiser of the tennis ball collection 'nest' for both teams and supported both teams massively! It was wonderful to see him working alongside other students with excitement and enthusiasm!!

In one of my schools, there's a lovely girl with special educational needs who has recently had successful open heart surgery. She has been told that she can take part in light PE activities. During a lesson, she brought her special monkey teddy bear so was more interested in that than focusing on passing and movement. We agreed that she could select the group she wanted to work with. She then felt confident and happy and completed the whole lesson in a safe area with her friends using her monkey as the ball. It was amazing to see!



Dave Peters

I teach a young student in one of my schools who has very poor vision and can only see about the length of her arms in front of her. I had been told that she does not respond well to men and therefore was not surprised by her hiding from me behind other teachers the first time we met. However after 3 weeks of working with her and using her special ball with an inbuilt bell, I can now very happily say that I can't keep her away from me!! She has a brilliant smile and loves chasing me around the playground and hall. She is amazing fun to work with and I can't wait to continue to work with her after Christmas.



Stuart Kingwell



Ollie Hemmings

"Everyone knows that I was off with COVID-19 which wasn't a great start to term 2. Everyday someone from Up & Under would message or call to make sure my family and I were ok. I was shocked with the amount of messages I had from staff in the schools I currently work in and have previously been in. It was really nice having the support from so many schools."

Ollie Hemmings



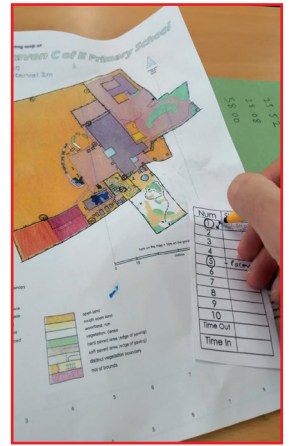
Clare Matthews

This term at Netheravon All Saints Primary we have been participating in orienteering lessons. This type of activity is a great idea for schools in the current climate. Children have been able to work at their own pace in a safe, supportive outdoor environment.

Key stage 1 have been making funny faces, drawing chalk compasses and collecting crayon codes from all over the school site.

Key stage 2 have had the opportunity to complete netball court courses using their maths skills, mapping the school site and competitions with clip courses. The young people at Netheravon have always enjoyed orienteering and are really gaining confidence in it!

"Miss Matthews is fun and we love doing orienteering and doing activities in the woods. She makes our PE lessons fun and enjoyable!"



When I returned from Lockdown in the summer to schools and Pre schools, it was hard to predict what reaction I was going to get due to the break in seeing the children.

The first place I went to was Freshford Pre School. When I arrived I was greeted by twenty 3 and 4 year olds cheering at the door. As I walked in, children were cheering my name and jumping up and down. I had to get my hanky out as it was such a lovely surprise and so unexpected.

In the afternoon, I moved onto Freshford School in which I got the same response! Lots of cheering from all the pupils and one little girl in year 3 thanking me for the fun session at the end of the lesson. I got something in my eye again at this point, or maybe it was the onions being cut in the kitchen, but once again I had to get my handkerchief out to dry my eyes. That was one of the loveliest days I've had in 15 years of doing this job !!



Barry Smith



Craig Trist

The most rewarding and positive experience that came from working during this time was going into Saint Mary's Catholic Primary School in Bath and teaching the 3 different support bubbles for the children of keyworkers. Seeing the constant smiles on the children's faces and their willingness to participate in sports even though the times that they were facing were unsure was genuinely inspiring. It was a real privilege to be the familiar face coming in to continue to keep the pupils active, positive and having fun.



Geraint Lewis

As part of the Bristol Bears Community Foundation team, I was left with no schools to attend and no programmes to run due to the outbreak of the Coronavirus pandemic. So, I got involved in trying to help those most in need within the Bristol community. The need was immediately apparent and I was privileged to be part of a small team that supported our most vulnerable students during lockdown by ensuring they received regular food parcels.

Almost 10 families connected to the Bristol Bears Community Foundation Post 16 programme (HITs) had been identified as needing help and we visited them twice a week to deliver food packages and to also check in and see how they were doing and see if any other support was required.

I'm so pleased I got involved in this project. It's really special when you see someone's face light up! I'm fortunate enough to be able to help, I wanted to do my bit, these families were so grateful not only for the food but also just for a friendly face and a chat. It made me appreciate how tough it can be for some of our students within our community and the importance of looking out for others during these challenging times.





Jen Lewis

This year within our schools has been anything but normal, but one thing that has been very evident is that the need for our Healthy Heroes programme has become greater than ever before.

With that in mind, we have taken the opportunity to test out our new mental health specific programme targeting Year 6 pupils. This is a year group where in addition to the normal stresses of growing up, finding their own identity and developing a controlled amount of independence, they also have the additional pressure of SATS assessment and moving on to a new school at the end of the year. Hormones are often fizzing, emotions are sometimes high and thinking about themselves and understanding how they are feeling is not always top of the list of things to do.

The 6 week programme that we have developed focuses on building self confidence to enable the pupils to feel comfortable in their own skin, to not feel the need to follow the trend or behave in a certain way to fit in and be part of the 'in' crowd. We investigate how our differences make us unique and ultimately this is what makes our schools, communities and homes fun to be in. Through examining the benefits of positivity, self reflection, gratitude, resilience, positive relationships and self care, we put in place a system whereby pupils are able to care for themselves and seek the positives out of every day.

I am very excited to begin formally delivering this aspect of our Healthy Heroes programme to Year 6's after Christmas and am looking forward to seeing the positive impact it will have.



In all of our Up & Under Sports lessons, I try and educate the children through sport, and our company values which are also essential everyday lifestyle skills. These values are Respect, using Teamwork, Leadership, Determination, Resilience, Passion and Sportspersonship. Lots of children in all lessons have demonstrated lots of these values and understand how important they are in order to achieve success. Particular children have been really consistent with demonstrating these values and have stood out as fantastic role models for the rest of their class to look up to. All of these children were rewarded at the end of their last lesson and chose one of our bits of Up & Under Sports merchandise. It was magnificent to celebrate these children.



Rob Murphy

**ALTHOUGH THE FESTIVE SEASON WILL BE DIFFERENT THIS YEAR
AS WE ALL CONTINUE TO TRY AND KEEP EACH OTHER SAFE AND
HEALTHY, WE DO HOPE THAT YOU CAN ALL ENJOY THIS PERIOD
AND WE WISH YOU A SAFE AND HAPPY NEW YEAR.**



HAPPY CHRISTMAS

GERAINT, JEN & ALL THE UP & UNDER SPORTS TEAM



UP & UNDER SPORTS

