



**Happy Birthday to:**  
James 2Q, Patrick R3 and  
Ethan R1



Well done to all the children who took part in The House Art Festival competition. These children won the Pre Prep prizes.



**Foodbank**



Pre-Prep are collecting for South Liverpool foodbank. If parents/carers would like to donate non-perishable items please bring them into school where they will be very much appreciated.



### Radio City Toy Appeal

We will be supporting the Mission Christmas Toy Appeal run by Radio City again this year. The children can play their part by donating **ONE** present to the Toy Appeal. **Could you please bring your gift in to school on Friday 4<sup>th</sup> December.** Courage the Cat will come to collect them. Please do not wrap your gift.

### PTA News

Liverpool College is registered with easy fundraising. Go to their website and search for Liverpool College Parents Association and then shop as normal. We can get cash back on all sorts of different shopping and in these difficult times it is an easy way to continue to support the PTA and the school. Thank You



### Christmas Cards

Children can bring Christmas cards into school from Monday 30<sup>th</sup> November on a Monday, Tuesday or Wednesday only. The cards will go in a pillarbox in class and given out on Friday. This is so that the cards have a quarantine period before going home.

### Notice to All Parents/Carers

As we approach the end of the year Pre Prep staff are overwhelmed by the generosity of our parents as they send gifts of appreciation. We would like to suggest that this year you would consider donating to a local foodbank instead of a gift if you were thinking of giving one to staff.

**Congratulations** to Sid 1Q for taking his beaver scout promise – Sid is now an official Beaver.

### Notice to All R1 Parents/Carers

Could R1 bring into school next week a family photograph to show Mrs Atkinson.

Thank you

### Notice to All After School Parents

Can you please use Prep car park gate or pedestrian gate when collecting your child from After School. Thank you

### Dates for your Diary

4 <sup>th</sup> December	Radio City Cash for Kids
16 <sup>th</sup> December	Finish school for Christmas
4 <sup>th</sup> January 2021	Back to School
12 <sup>th</sup> February 2021	Finish for half term
23 <sup>rd</sup> February	Back to School

**G. Gannon – Head of Pre-Prep**

## The ASD Training Team

The Liverpool ASD Training Team are providing a series of virtual drop in advisory sessions via zoom. They are for parent/carers wishing to talk in a private one to one setting about any questions or concerns they may have about their child. You do not require a diagnosis of ASD to book your place.

### Dates for Decemeber 2020

Tuesday	1 <sup>st</sup> December
Wednesday	2 <sup>nd</sup> December
Thursday	3 <sup>rd</sup> December
Friday	4 <sup>th</sup> December
Monday	7 <sup>th</sup> December
Tuesday	8 <sup>th</sup> December
Wednesday	9 <sup>th</sup> December
Thursday	10 <sup>th</sup> December
Friday	11 <sup>th</sup> December
Monday	14 <sup>th</sup> December
Tuesday	15 <sup>th</sup> December
Wednesday	16 <sup>th</sup> December
Thursday	17 <sup>th</sup> December
Friday	18 <sup>th</sup> December

### Times for each date

9.30– 10.15
10.30 – 11.15
11.30 – 12.15
1.00 – 1.45
2.00 – 2.45

To book your place please email your choice of date and time and you will be emailed a zoom link. There are two places available for each time slot. [asdtrainingteam@liverpool.gov.uk](mailto:asdtrainingteam@liverpool.gov.uk)

# Supporting Parents & Carers Live Webinar: Practical Advice

A focus on the parent - staying calm and positive

Presented by Colin Foley,  
National Training  
Director for the  
ADHD Foundation

**Wednesday  
9th December**

**2pm - 3pm**  
(including Q&As)



To book your free place visit  
[www.witherslackgroup.co.uk/webinars/calm-and-positive/](http://www.witherslackgroup.co.uk/webinars/calm-and-positive/)

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# Liverpool Active Promise Newsletter

## November 2020



Welcome to our 4th Liverpool Active Promise Newsletter! Thank you for taking time to read it and please feel free to share any feedback with us!

[If you wish to receive our newsletter directly, just sign up at](http://liverpoolactivepromise.co.uk)

<http://liverpoolactivepromise.co.uk>

[Let's give children and young people every opportunity to be active every day!](#)

Latest News! (press Ctrl + click on the links to each section).

- [What is The Liverpool Active Promise?](#)
- [Being active during the coronavirus outbreak](#)
- [For Pregnant women and New Parents](#)
- [School and Family Activities](#)
- [Home Activities](#)
- [Support with Mental Health](#)

### What is the Liverpool Active Promise?

**The Liverpool Active Promise is an ambitious plan for change.** It is a plan to create new norms for the children and young people of Liverpool so that they reduce the time they spend being sedentary and increase the amount of time they spend being active.

Moving more every day can bring great benefits to children and young people not just to their physical health, but also improving their emotional and mental health, building confidence and social skills, reducing the risk of them developing health conditions in adulthood as well as improving learning outcomes and academic performance. You can sign up to support the Active Promise here:

<http://www.liverpoolactivepromise.co.uk>

### Being active during the coronavirus outbreak

Exercise is especially important for children during the COVID-19 pandemic because it can reduce stress, prevent weight gain, and boost the immune system.

**The Department for Education launched a new online resource to inspire children to get active to mark National Fitness Day 23<sup>rd</sup> September 2020 helping pupils stay active and healthy during the school day.**

The new online platform features inspiring videos and resources visit: [YouTube](#)

Exercise when combined with a healthy balanced diet is the perfect recipe to stay fit and healthy both physically and mentally and have fun too. Public Health Minister Jo Churchill said: "Giving children and young people the opportunity to exercise during the school day is the perfect way for them to have fun and be active with their friends. Innovative resources are there to help schools find the best ways to achieve this, even with the new Covid19 precautions.

Please remember to avoid places where it may be hard to follow the guidelines and always follow official advice on social distancing. For general Covid-19 advice and support visit: <https://www.gov.uk/guidance/new-national-restrictions-from-5-november>

## For pregnant women and new parents:

### Mamafit

Due to the Coronavirus pandemic and subsequent restrictions we have taken our popular FREE physical activity & lifestyle courses, usually delivered at Liverpool Women's Hospital & local Children's Centres, online.

After a successful pilot during September/October, we are now able to recruit more mums/mum-to-be on to the courses.

The online courses are **FREE for pregnant women & mums** living in Liverpool and/or receiving care at Liverpool Women's Hospital. Courses are funded and supported by Liverpool City Council & Liverpool Women's NHS Foundation Trust and will be delivered via Zoom.

Courses can be booked online here:

[www.bookwhen.com/Mamafit](http://www.bookwhen.com/Mamafit)

### **PANCO Training (Physical Activity and Nutrition Officer) Keep Moving, Keep Healthy, Keep Learning: Introducing the role of a PANCO**

10 new nursery settings received Active Promise funding towards training a PANCO officer for their nursery this year.

Sarah Rainford from Standfarm Nursey completed her training last year told us how this training has helped in their Nursery.

"I really enjoyed the PANCO course and it opened my eyes with updated statistics of obesity and how many children are not registered with a dentist.

As a result of the training I have introducing the children to new experiences such as the daily miles, relaxation and yoga, and arranged for other agencies to come in to talk about how to and the importance of dental hygiene. We have updated our menu to include the 5 aday and controlled portion size, the children are all enjoying the new tastes and textures.

I have involved parents/carers by keeping them up to date with activities their children are doing and encouraged them to do them at home. The children enjoy exercise time which we do mornings and afternoons. The children are showing me some of their own exercises which we have added to our classes. Their involvement is outstanding. Parents have been sending in pictures of them doing walks or on their bikes which has been a big hit 👍





In spite of the challenges that covid 19 has brought my training is really paying off and children, staff and parents are getting onboard and enjoying the new changes.

I have worked with children for 21 years and the importance of the children's health and well-being is my top priority as a duty of care. PANCO training has given me greater knowledge and understanding of how to support changes in physical activity and nutrition in order to enhance health and

wellbeing.”

Find out more Visit: <https://www.schoolimprovementliverpool.co.uk/Training-Details/1465>

## School and Family Activities



### Hockey Heroes – A Hero In Every Kid

A fun welcoming introduction to hockey for all 5 – 8 years old. Find out more by clicking the image.

## RLWC2021 Education Hub

The Rugby League World Cup 2021 (RLWC2021) provides a fantastic opportunity to inspire young people to embrace the power of sport.



The RLWC2021 Education hub provides not only resources to support delivery of rugby league across our primary and secondary schools, but also provides a vast array of cross-curricular lesson plans to educate our primary age children using the excitement surrounding a world class sporting event happening right here in England!

So what are you waiting for? Register below for free access to our full range of resources and to be first to hear about the incredible opportunities and projects RLWC2021 will deliver between now and the final whistle on November 27<sup>th</sup>, 2021.

<https://www.rlwc2021.com/education>

## This Girl Can Resources for Schools

The resources support teachers and girls to develop a This Girl Can campaign in their school.

The campaign recognises that friends are the greatest influencers on adolescent girls and that positive encouragement and support from their peers is the most effective way to get girls active –

at school and at home. It supports girls to lead campaigns in their own school. By taking ownership of the campaign - and by creating and promoting messages that influence their peers – girls can help each other to get active, in ways that are right for them.

The school campaign is part of the national This Girl Can campaign that supports women and girls to get active.

**All secondary schools in England** have been sent a hard copy of the resource. Further information and copies of the resource can be downloaded [HERE](#).

**This Girl Can Liverpool** worked with **LFC**



**Foundations Open Goals** this summer to deliver family activity sessions targeting our Time Poor mums and their families across the city. They ran 4 sessions a day in 6 parks (different ones each day) throughout August. All participants received a packed breakfast or lunch and a goodie bag with resources to help keep them and their family active to include challenges and links to other ideas and activities.



Visit: <https://www.thisgirlcanliverpool.co.uk/challenges> To try out some of those challenges to keep you and your family active or why not make your very own This Girl Can Poster?

**Open Goals is LFC Foundations FREE** public parks programme aiming to get children and families more active! There's fun and games for all the family every week with Open Goals and you can find them in lots of different park locations across the city. Virtual sessions now available during lockdown

## Table Tennis England

Our thanks goes out to Table Tennis England for all the resources they sent into Liverpool. Some equipment went to school hubs others to families receiving extra support from the city and most of the families who attended the summer activities also received a set of table tennis bats and balls with the below information providing a link to games, activities and training. Allowing families to play in their home or at our outdoor tables across the city in our parks.

**Connect with us!**

Now that you have some equipment to play table tennis at home or on an outdoor public table, we've got loads of information on our website to help you make the most of it. You'll find:

- game ideas
- rules of the game
- films teaching the basic shots
- a home workout
- many other fun activities for the whole family!

Visit: [www.TTathome.co.uk](http://www.TTathome.co.uk)

Retailers report that table tennis equipment has been flying off the shelves (along with toilet rolls!) and so if you have managed to get hold of bats and balls, have commandeered your dining table, or even have your own home ping pong table, then the information below is for you!

<https://tabletennisengland.co.uk/our-sport/major-events/play-at-home/>

Table Tennis England continue to make [bat, ball and stretch nets packs](#) available at very reasonable price. Whilst we can't advocate on outdoor play at present, kits are perfect for playing indoors on the kitchen table!

**TT Kidz** announces new live sessions to run on Tuesdays at 0930!  
24th Nov / 1st Dec / 8th Dec / 15th Dec <https://bit.ly/TTKidzLive>

Designed to take place in a classroom or sports hall - you don't need much space. or a table!

If your school is interested, check out our pre-recorded sessions and secure your place here:



## **Tennis**

Are you looking for a different sport to try out?

Something that will get you fit and keep you fit? A sport that will allow you time to enjoy with your friends, and family and the opportunity to make new friends?

During the 1st Covid lockdown, tennis was the first sport that could be played safely and there has been an increase of nearly 400% nationally in court bookings.

Why play tennis?

- It can be played both outdoors and indoors,
- Coaching opportunities are available on an individual or group basis
- It is a great social activity
- And if you want something a bit more challenging there are competitive events for all ages and abilities.
- Inclusive for all - Suitable for all ages and abilities.

All you need is a tennis racket and a court to play on and Liverpool has a number of tennis clubs and public courts throughout the city. Further details of where they can be found are available on the LTA website, visit [www.lta.org.uk](http://www.lta.org.uk).

## **Home Activities**

Being Active is really a priority for us all at this moment in time and many clubs and indoor activities still remain closed due to the coronavirus. Just 10 minutes of activity at home or outside can help you feel happier, more relaxed and clear your head.

Why not give something a try today? Find out how you can keep moving and stay active at home by visiting [www.fitforme.info/activities/home-activities](http://www.fitforme.info/activities/home-activities)

The Change 4 Life 10-minute shake up campaign provides ideas for families to help get their children moving with fun Disney inspired indoor games and activities.

<https://www.nhs.uk/change4life/activities/indoor-activities>

Join the Movement, is a National Lottery-funded campaign helping us all find ways to get active as we deal with coronavirus restrictions. We're all about simple, fun and free ways to get active, both indoors and outdoors, that you can enjoy safely. <https://www.sportengland.org/jointhemovement>

<https://www.thisgirlcan.co.uk/> <https://www.thisgirlcan.co.uk/activity-finder/>



## The BTR Liverpool Santa Dash goes virtual on Sunday 6 December 2020 – get festive and support good causes.

The virtual option will enable Santas to still pull on their running shoes; dash socially distanced with a small group of friends; enjoy a festive fun run experience wherever they are located; and still earn the bespoke Santa Dash medal. And there's still a choice of red or blue Santa suits.

Event planning and registration will remain the same. Participants can still register online or in person at two pop-up collection points in Liverpool city centre and the Wirral. These will be confirmed in the coming weeks.

Santas will receive their medal when collecting their race pack. To support the virtual change, there is now an option for Santa suits to be posted. Visit: [BTRLIVERPOOL.COM](http://BTRLIVERPOOL.COM)

### Support with Mental Health

Children and young people, parents and carers in crisis can call:

[Alder Hey CAMHS](http://AlderHeyCAMHS) crisis care line 24 hours a day, seven days a week on 0151 293 3577

They should only present to Accident Emergency Department if they need medical treatment or are struggling to keep themselves safe in the immediate moment. For further help and information visit: <https://youngminds.org.uk>

[The Liverpool Active Promise newsletter is produced by Liverpool City Council in partnership with strategic stakeholders.](#)

**Don't forget to sign up at Liverpool Active Promise Newsletter here:**

<http://liverpoolactivepromise.co.uk>



## Keep Safe – Stay Active