

ACTIVE RECOVERY – HELPING SCHOOLS RETURN - A PLAN FOR SLOUGH FROM ACTIVE MOVEMENT

Background

The government is suggesting that Reception, Year 1 and Year 6 could return on June 1st. As we await clarity on this, we are preparing a range of measures to support schools in the most effective and relevant way possible.

Active Movement offers a unique opportunity. It is already established and understood across schools; it is a wide-ranging programme across all elements of well-being; it is integrated into daily routine without class disruption or compromising teaching time; it is adaptable to individual school requirements; it is consistent in message and communication; it reaches children of all ages and their parents; it has a comprehensive support process for staff; it is available now.

Why Active Recovery?

The use of Active is not to create a strapline or as means of focussing simply on exercise. 'Active' is about being pro-active rather than letting events dictate; it promotes personal responsibility; it proposes setting goals to be met; it is not about physicality but making a wider effort; across well-being; it positions recovery not as a slow upward trend but a determined and decisive process of moving forward.

This positive approach is to engage all participants both on a physical level and emotionally, too. We are looking to give everyone a greater feeling of optimism and control.

How it can help you

As children return, you may be faced with a number of issues:

- 1. Children will have spent several weeks being inactive, sitting extensively, unfocussed and potentially eating poorly (both quality and content)**
- 2. There will pressure to make up for lost classroom time**

The Active Movement programme has shown a positive effect on increasing activity, concentration, memory and energy levels, improving behaviour and reducing waist circumference and sitting time. It achieves this without changes in school layout, disruption to classes or compromising teaching time. It also if necessary contains activity within the classroom

- 3. The implications of return will include the need for social distancing and increased hygiene**

The Active Movement programme has a dedicated "Active Protection" process that is being enhanced to deal directly with these issues both practically and with communication

- 4. Parents will require clarity and reassurance as to their children's safety**

The Active Movement programme is a behaviour change programme with a single-minded concept that regular small changes lead to significant cumulative gain. Communication and messaging are simple, direct and consistent. Many parents are already aware of the programme and its benefits.

- 5. Schools need comprehensive and regular support**

The Active Movement programme has a comprehensive service approach as well as a close working relationship with [Health and Wellbeing Slough](#).



Most importantly, **Active Recovery** is not about new learning or organisational change, but a re-shaping of the current Active Movement programme to be empathetic with the unique challenges you face at this time.

What you will get with the Active Recovery programme from Active Movement

There will be four levels of support

1. Active Classroom

The classroom environment will now include Active Movement as a regular and standard part of daily routine with the objective of reducing sitting time to below 20 minutes for every pupil. This means there will be 5 mandatory requirements per class of **Active Questioning, Active Showing, Active Discussions, Active Reciting, Active Reading.**

As part of the government's focus on walking, every class will complete the school's **Active Walk** at least once a day. This should be used not just as exercise, but as part of lesson delivery (such as Maths, Geography etc), discussion or briefing groups, creative forums, table reciting or to re-energise a class.

There will be two support Active Events

Active Swap will be a programme to support changing food choices; **Active Buddies** to create partnership and mutual support (see also Active Distancing below)

If relevant, Active Movement will also supply its **Active SATS** programme to support any children taking the test

Active Homework will also be supplied to maintain support home (and engage parents)

2. Active Protection

The Active Protection programme is an established part of the Active Movement programme but has been tailored to support this return to school. Components are;

- *Active Distancing*

Note this is not social distancing, but a more pro-active and positive approach to this challenging requirement. There will be a specific support programme including posters, distance footprint markers, Buddy programme to encourage shared distancing and Walk markers. (Also see AMbassadors below). Note that if assemblies are to be staggered, they should be called Active Assemblies to promote change.

- *Active Handwashing*

This programme has already been introduced but will be re-promoted as part of the daily behaviour of the Active Movement programme. It will be a mandatory component and we recommend it takes place at the following times (The more frequent the better):

- Before entering the class
- At the end of morning breaktime
- Before eating
- At end of lunchtime (if there is playtime afterwards)
- At the end of afternoon breaktime
- Whenever using the bathroom/toilet

- *Active MMR*

This is also an opportunity to promote the importance of vaccination by highlighting the need for ongoing vigilance against disease. It will also remind all the need for alertness in distancing and protection whilst no Coronavirus exists.



3. Active AMBassadors - Children ownership

The ridding of the disease may take considerable time so it is important Children are empowered with knowledge and the responsibility to contribute. Every class will have a minimum of 3 Active Mover AMBassadors whose role will be to support teachers in promoting and enforcing class movements and active protection around the school whether distancing or handwashing. These AMBassadors will be swapped every week and nominated by the teacher or through standing vote in the class.

In addition, every child will be empowered to advise parents, carers and family about the Active Protection components of handwashing and distancing

4. Still at home

There will be a number of children who may not come back to school. They will continue to face the issues of inactivity and diet. With the potential of the lockdown being further softened, Active Protection remains key.

The [Health at Home](#) programme will continue to be promoted with additional support featuring Active Protection and [Active Mover AMBassadors at home](#).

The resources to support you

From June 1st till the end of term, each participating school will receive (relevant to form size)

- A teacher brochure promoting the Active Recovery programme
- Teacher checklist for class reference
- A timing plan of all components
- Where required, additional posters promoting:
 - Active Classroom behaviour
 - Active Distancing
 - Active Handwashing
 - Active MMR
 - Distancing footprints
 - Active Walk stickers
 - Active Swaps wipeable posters
- Active AMBassador badges will be issued to all classes. A job role sheet will also be supplied for class use
- Active SATS reference material
- Weekly emails to support the programme
- Health at Home promotion plus new reference material
- Service line to Active Movement for additional information and advice
- Slough Borough Council contact line
- A standing research questionnaire to evaluate children's awareness

It is intended to supply as much material as possible to all participants in readiness for June 1st launch. For more information or any questions then please contact - peter@activemovement.co.uk