



Hertfordshire Girls Active and Mental Health Pilot

What is the programme?

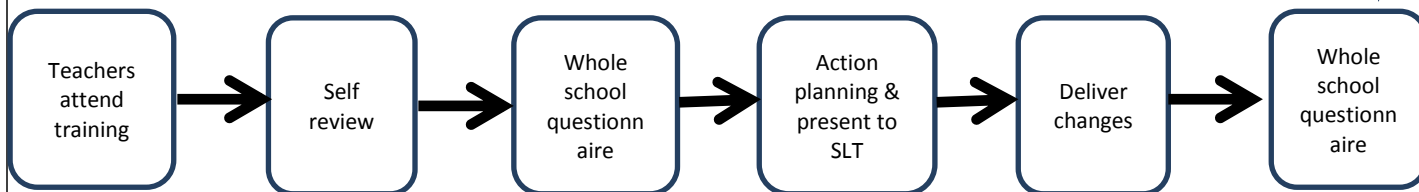
Hertfordshire Public Health team and Herts Sports and Physical Activity Partnership (HSP), with support from CAMHS transformation, have teamed up with Youth Sport Trust to pilot an *adapted version* of their award winning **Girls Active** programme in Hertfordshire. From September, the pilot will support 10 schools to deliver a programme designed to promote physical activity and emotional wellbeing in adolescent girls. Through this approach we will seek to improve girls’ engagement and relationship with PE and physical activity, improve their confidence, resilience, and self-esteem, and ultimately improve their emotional wellbeing. This will help them to achieve at school and have a healthier happier future.

Girls Active aims to better engage adolescent girls in physical activity – changing attitudes towards physical education and school sport, improving body image and increasing participation. Using a combination of marketing principles and youth leadership, it helps schools and their communities to review their existing culture and practice and to deliver an action plan tailored to their girls’ needs. Girls Active is a partnership between teachers and girls working together to understand what makes girls fully engage in PE, sport and physical activity and then provide and ‘sell’ inspiring and relevant opportunities for all girls, not just the sporty few.

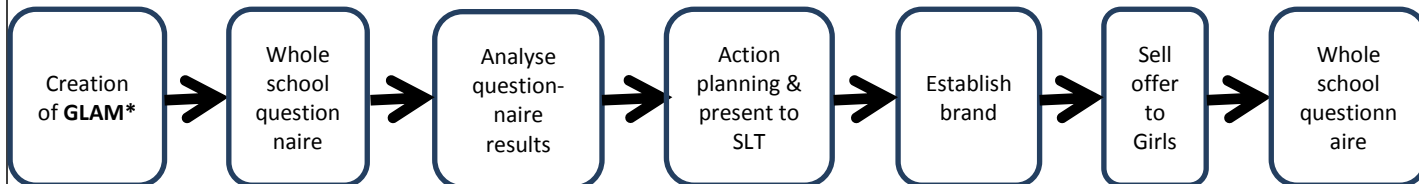
For more information about the programme watch the following video <https://youtu.be/PGok9HyuIEE>

Girls Active Process

Schools Process



Girls Process



*Girls Leadership And Marketing Squad

For further information on this programme, please go to <https://www.youthsporttrust.org/girls-active>

Who will be involved in the programme?

10 schools within Hertfordshire will be able to access the pilot opportunity. We ask that a member of SLT is integral to the implementation of the programme along with other staff supporting. Two members of staff can attend the training.

July 2016





The most successful Girls Active Schools involve staff from across the school to share the responsibility and change the culture ensuring that Girls themselves in a leadership role are integral to the design and development of positive action for girls.

Who is eligible to run this programme?

All schools with girls aged 11 – 14 years from the identified areas. Schools are required to submit a short Expression of Interest indicating why this programme is of interest and how the school will benefit. Schools should submit this by no later than 5th September, confirmation of schools' involvement will be received by 8th September.

What are the expectations for delivery?

The expectations for Girls Active Schools are as follows:

- Administration of online (or paper) questionnaires to all targeted girls pre and post intervention.
- Undertake a girls PE and sport self review pre and post delivery and committing to making this an annual process.
- Setting up and supporting a Girls Leadership and Marketing squad (or integrating the concept into an existing student voice body).
- Action planning and delivery of changes to develop a relevant PE, sport and physical activity offer for all girls and a positive physical activity culture across the school.
- Action planning to implement or make improvements to your whole school approach to promoting emotional wellbeing, self-esteem and positive body image across the school.
- Increasing participation in PE and/or extra-curricular sport and physical activity of 150 girls (minimum).
- Share the principles of Girls Active with a minimum of one other school.
- Work with local health and community sport partners to maximise health outcomes and exit routes for girls into community sport/physical activity.
- Support the monitoring and evaluation of the programme as outlined in this guidance document.

The following conditions of delivery must be met:

- Attendance by ideally two (but as a minimum one) teachers at the Girls Active Teacher Training one day workshop (20th September). Where possible one member of staff should have a role relating to physical activity, and one should have a role relating to pupil wellbeing e.g. pastoral lead
- Self review completed following attendance at training
- Pre intervention questionnaires completed by girls and teachers (autumn term 2016)
- Post intervention questionnaires completed by girls and teachers (summer term 2017)
- Completion of Girls Active Action Plan
- Liaison with local community sport partner to establish exit routes for girls into community sport & physical activity
- Attendance by teachers and girls at a Girls Active Summer Celebration and Inspiration Day (June/Jul 2017)

What support do I receive from Youth Sport Trust?

- A full day of teacher training for two teachers (training date 20th September 2016) **NB** To maximise impact we would strongly encourage a senior member of staff attends along with a member of staff who will be the lead in your school
- Inspirational hard copy and electronic resources including case studies, evidence based insight and marketing materials for teachers
- Pre and post intervention surveying of girls concluding in a School Insight Report based on student responses
- Development support from Youth Sport Trust staff to support teachers with action planning and impact
- A self review framework to benchmark and evidence progress
- Enhanced connectivity to local health and sport partners
- Access to Youth Sport Trust athlete mentor visits through the *Sky Sports Living for Sport* programme
- Support to secure funding to support further implementation

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What am I expected to report on?

Monitoring

Data Collection Window

You will be required to report on the reach of the programme each term through the YST data collection window in the following months: **December 2016, March 2017 and June / July 2017.**

This will include information relating to:

- Number of girls as participants taking part in additional PE/sport/physical activity opportunities (including those with a disability and BME breakdown)
- Number of workforce trained (Girls Active Leaders and adult breakdown including disability and BME breakdown)
- Number of other schools worked with to disseminate the Girls Active principles (minimum of one school)

Timelines

September 2016	- Pre-intervention questionnaires to be completed by girls (minimum of 150 girls)
November 2016	- Action Plan to be completed and submitted
December 2016	- Data Collection Survey to be completed
March 2017	- Data Collection Survey to be completed
June/July 2017	- Post-intervention questionnaires to be completed by girls - Data Collection Survey to be completed

- As well as the details outlined above, Youth Sport Trust may request schools to send their lead contact (or representative if unavailable) to events / conferences to support the development Girls Active work and share best practice.
- We may also request support from schools in providing information, photos (with consent), case studies etc. for press releases and other promotional activities.

Evaluation

Wherever possible, we endeavour to conduct evaluations of all of our work to capture feedback on the programme and any benefits experienced. This typically involves engaging all or a sample of individuals involved in the programme in a variety of ways, such as:

- Surveys before and after the project or course
- Interviews
- Focus groups
- Observations
- Case studies

You may either be involved in the research directly or may be required to facilitate the engagement of young people in the research.

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