

Participating Schools 2022-23



King Edward VI Aston



Bishop Ilseley Catholic School



Starbank School



Ark Boulton Academy



Yardley's School

Athlete Mentor Group – King Edward VI Aston

Programme Intent:

The Active in Mind programme aims to support a targeted groups of pupils who are struggling to engage with learning, school life and with their physical and mental health.

The project provided training for 5 boys from King Aston VI School to become Active in Mind Mentors. The Mentors then worked with a targeted year 7 group who had been selected because they had struggled to adapt to life in year 7 since moving to the school.



Athlete Mentor – Yasmin Clarke

Biography:

Yasmin is former professional tennis player who competed at Junior Wimbledon in 2005/2006. She now coaches tennis to people of all ages and abilities in Derbyshire. As an athlete mentor for the Youth Sport Trust, Yasmin worked with the Boys from King Edward Aston to develop their mentoring skills through a series of workshops.

"It was really useful taking part in the Active in Mind programme – I learned new skills to help me manage stressful situations to teach them to others." Year 10 Active in Mind Mentor

Implementation

The mentors spent a day training with Yasmin Clarke, looking at their stressors and developing tools to help manage anxiety and stress. The mentors took part in a range of different physical activities and reflected on their skills as mentors. In the afternoon, they were joined by a group of year 7 students. The mentors taught their new skills to the year 7 students, providing them the platform to talk about their feelings and emotions.

Back in school, Year 10 mentors have acted as a "safe place" to go for the year 7 students if they have had issues during school.

In a second training day, Year 10 mentors planned an Active in Mind Festival which they delivered to year 6 students in June 2023.



Active in Mind Training – Beyond the Partnership

The King Edward VI School Sports Partnership is the Lead Health and Wellbeing school in Birmingham. With this in mind, we wanted to extend the Active in Mind training to students in some of our neighbouring partnerships. We recruited 4 new schools to work with partnership staff based on the initial training that Yasmin offered to students at King Edward Aston VI school.

Four schools from the Central Sports Partnership and Bishop Ilseley Partnership; Yardley’s, Arc Boulton Academy, Starbank School and Bishop Illesley took part in an additional training opportunity in February 2023.



“This training is exactly what our students need. I am really impressed by the engagement in the activities and we will definitely be using some of these techniques back in school.” Teacher

Impact



Increase in self confidence in 100% of participants.



82% less anxiety when talking to students from other schools.



85% of participants felt more likely to talk to someone if they felt anxious or stressed.



4 Wellbeing groups being set up in participating schools.



100% of participants recognised the symptoms of stress and felt better able to cope with these feelings.



All participants committed to one lifestyle change to build positive wellbeing.

Next Steps

Students were tasked to use some of the techniques used during the training to set up wellbeing groups back in school. Staff were keen to return to school and discuss the practical implementation in their own environments with Senior Leaders. Next year, the students will be invited back for an additional training day to explore what impact they have had within their school.



“We would like more time in the school day to talk about mental health.” Year 10 Student

YST

ACTIVE IN MIND

The Active in Mind Project took place between January
2023 – June 2023.



“Thank you for giving our students the opportunity to take part. Working to develop wellbeing with our students is absolutely essential to their future prospects.” Teacher



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