



CACT School Sports Newsletter

Welcome to Charlton Athletic Community Trust's (CACT) School newsletter brought to you by the Football & Sports Development team.

CACT is pleased to offer schools within Greenwich, Bexley, Bromley and Kent an opportunity to be involved in school sports and education programmes tailored to the needs of your school.

Our aim is to showcase the programmes we can offer your school and how these have impacted current schools we are working with.

Meet the team



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School Spotlight

Social Action with Belvedere Junior School

At Belvedere Junior School we worked with the eco-council to look at different ways to make the school more sustainable. The pupils decided to set up a gardening club to grow their own

fruit and vegetables, with the hope of growing enough to serve at lunchtimes alongside the school lunches. We planted some seeds including potatoes, carrots, lettuce, onions and lavender.



We continued to meet weekly, discussing how we could continue this beyond the project. We decided to raise funds for gardening equipment, including a small greenhouse, by having a bake sale which raised £57. As part of Belvedere's Healthy school's week, we took part in an assembly hosting a 'Ready, Steady Cook' in which two teams created salad dishes using ingredients grown by the children, and the teachers voted for the best dish.

Programme Spotlight: Joy of Moving



Over the past year, CACT has worked with 1,673 young people on the Joy of moving programme across 27 schools in the local area.

The Joy of Moving programme is a free six-week programme combining classroom-based learning with physical activity games, related to leading a balanced healthy active lifestyle.

CACT Coach Josh has been working in Discovery Primary School since the start of the school year with a year six class.

Amy Hennessy, Year Six Teacher and PE Coordinator at Discovery Primary School, said: "As a teacher, I have been incredibly impressed with the Joy of moving sports programme and its profound impact on our students. Josh, the programme leader, has a remarkable talent for engaging the children, making each session both fun and enriching."

Year six pupil, Hanna, said: "I had so much fun in the Joy of Moving programme! I really enjoyed the activities we did every session. Josh always made the sessions fun and exciting, which made me look forward to them every week. It has really made me think about looking after my physical and mental health as I move into

secondary school. I think all children should join in with this programme! It's been amazing!"

Take a look at the video below to find out more about the programme!



Get involved with Premier League Primary Stars



Premier League Primary Stars uses the appeal of the Premier League and professional football clubs to inspire children to be active and develop important life skills. Designed by teachers for teachers, the curriculum-linked resources support English, Maths, PSHE and PE, through interventions, workshops and assemblies.

CACT's Primary Stars delivery is bespoke to each school in order to achieve maximum impact on pupils, the school and our local community.

Successes of the programme include:

- Improved teachers' confidence of delivering PE and sport
- Increased pupils' enjoyment of PE & sports
- Improved pupils' attitudes towards learning (English, Maths & PSHE)
- Improved pupil attendance
- Increased participation in competitive sport and activities

Email Fran to find out
more

For additional opportunities with schools such as extra curricular clubs, interventions, teacher PE support and cover please take a look at our school sport brochure or



[contact Bradley Marshall.](#)

Read the School Sport
Brochure

Free themed workshops available!

Our staff are able to offer free workshops to local primary schools on themed awareness days throughout the school year. Take a look at some of the dates coming up this term that we can offer workshops for:

September 12th - World Mindfulness Day

October 19th - No Room for Racism

September 18th - National Fitness Day

November 1st - National Author's Day

September 19th - Youth Mental Health Day

November 5th - International Stress Awareness Week

October - Black History Month

November 11th - Anti-Bullying Week

October 3rd - National Poetry Day

November 13th - World Kindness Day & Maths Week

October 5th - World Teachers' Day

November 30th - Rainbow Laces

October 10th - World Mental Health Day

December 3rd - International Day of People with Disabilities

October 14th - Recycle Week

December 5th - International Volunteer Day

October 16th - World Food Day

Email Bradley to register your school's interest in the
workshops

Come along to one of our school football tournaments!

October 3rd - Girls Autumn Shield tournament

October 10th - Boys Autumn Shield tournament

November 28th - EFL Kids Cup (a



chance to play at Wembley Stadium!)

December 5th - Girls Winter
Shield tournament

Teacher CPD training available

CACT is able to offer bespoke teacher CPD training to help equip primary school teachers with the skills to deliver PE lessons to their classes.

To enquire for details please email
fran.ojo@cact.org.uk



Munich Trophies 72 is CACT's trusted trophy supplier. If you require any trophies, medals or awards, please email marc@munichtrophies.co.uk.



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