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## Introduction

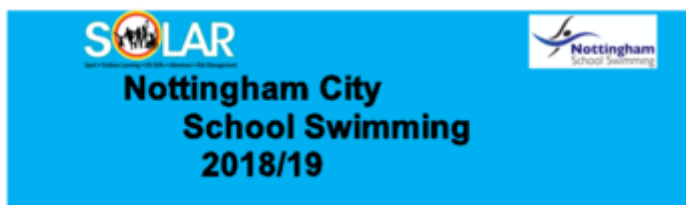
Welcome to Issue 2 of SOLAR News!

This email newsletter will provide regular updates on how Nottingham City Council's Sport, Opportunities, Life Skills, Adventure and Risk Management (SOLAR) Service can support schools and their young people.

We hope you find it useful and please don't hesitate to get in touch with any suggestions or questions.

**Meet SOLAR Staff** - Susan Sturdy: Sue joined Nottingham City Council in December 2013 as an escort for Passenger Transport (Children and Adults). She had a regular run for 3 days a week and assisted with administration for the other 2 days. Sue was then successful in securing her present post organising transport for school trips, swimming and ice skating in July 2014, within Transport Commissioning at Woolsthorpe Depot. After working in partnership with Sue for a number of years, this month we are very pleased to welcome Sue into our team based at The College Street Centre. Sue is looking forward to working directly with schools on behalf of Why Nott? Transport.

## Sport



**School Swimming booking forms** - The School Swimming booking forms were sent to individual schools in February half

## Events and Training

Thursday 21st June (4pm-5.30pm) at The College Street Centre - The Primary PSHE Network Event. Further details to follow in SCENE.

Wednesday 4th July (4pm-5.30pm) at The College Street Centre - The Secondary PSHE Network Event. Further details to follow in SCENE.

term. As we are approaching May, the deadline to secure lessons for the new academic year of 2018-19 is fast approaching and if you have not yet returned your allocation please ensure you return your booking form to: [school.swimming@collegest.org.uk](mailto:school.swimming@collegest.org.uk) as soon as possible!

**National Curriculum Requirement** - For the 2017 to 2018 academic year, there is a new condition requiring schools to publish how many pupils within their year 6 cohort are meeting the national curriculum requirement to swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively and perform safe self-rescue in different water-based situations. This condition has been added in response to recommendations from the Swim Focus Group, who reviewed curriculum swimming and water safety in primary schools. You can get advice and resources to help deliver swimming lessons successfully in primary schools. For more information please visit: <https://bit.ly/2r3uSmN>

**Plan, monitor and report on the impact of your spending** - To help you plan, monitor and report on the impact of your spending, it's recommended that you download a template to record your activity. The Department has commissioned partners in the physical education and school sport sector to develop a template, which is available at:

- [The Association for PE](#)
- [Youth Sport Trust](#)

**Aquakids** - Supporting schools to ensure that the attainments are as high as possible SOLAR's School Swimming are offering a chance to utilise our new booking Aquakids. Nottingham City values the health and wellbeing of pupils in Nottinghamshire, as a new twist to staying fit we are providing Aqua Kids pool activities. Sprinting, water relays, using physical literacy skills to develop agility, balance and coordination, selecting and applying skills to maintain physical fitness and swimming techniques. Using methods to understand the impacts exercise has on the body and knowledge of healthy living by monitoring heart rates during exercise, but also having a go to see how far children can swim through the new skills achieved adding towards the national curriculum achievements.

## Outdoor Learning

**Learning Opportunities** - We have lots of summer outdoor learning opportunities available that can be delivered at our Adventure Centres or on our school site. Please get in touch to find out more.

**Outdoor Learning** - The SOLAR Team are looking forward to welcoming schools for 3 weeks of 1 night outdoor learning and adventurous activity residentials at Colwick Park Adventure

Centre. Followed by 7 weeks at Wollaton Park from 4th June.

## Lifeskills



**The PSHE Advisory Service updated** - All schools should have had notification that the PSHE Advisory Service, including the local healthy schools programme and PSHE support is finishing at the end of July due to loss of funding. The Relationships and Sex Education provision will be maintained through the RSE consultant. For more information please visit:

<https://bit.ly/2reCQdL>

## Adventure

**Wet and Wild Adventure Days** - We are receiving lots of enquiries regarding summer dates for Wet and Wild Adventure Days at Colwick Park Adventure Centre. We have a few days left, so don't miss out on a day packed full of challenge, learning and fun. Try 3 of our most popular activities - the 42ft high ropes course, canoe rafting in our Canadian canoes and orienteering or camp craft. All for as little as £19 per head.

## Risk Management

**Educational Visits** - With the summer in sight, please be reminded that when planning educational visits that require Nottingham City Council approval (Residential, Overseas and Adventurous), they should normally be submitted (to NCC) at least 4 weeks prior to departure to allow for the possibility that the form is returned for clarifications or for arrangements to be amended.

SOLAR News. Read present and future!

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