

Change 4 Life Impact

Title of your Leading Aspect Award - if you complete your application in 'word' you will need to copy and paste onto the website application

Outstanding Change 4 Life Club for sports delivery, promoting health and wellbeing and creating opportunities to engage parents and the wider community

Why this is leading practice *(in approximately 100 words):*

- The school achieved the Youth Sport Trust Outstanding National Award in September 2014. (The only award available to the 49% of C4L schools in the country).
- As a result of leading practice, YST created a video as a teaching tool for other schools across the country and as a promotional video for the Government's Department for Health. (https://www.youtube.com/watch?v=T_8ZPHFbj-c)
- The success of the club has promoted further networking within the West Midlands and on a national (London) and international basis (Africa).
- The inclusive club has engaged the less active and SEND children and the impact of this is evident in pupils now taking active part in whole school sport.
- The club has inspired key stakeholders, local businesses and the NHS to become regularly involved.
- Erdington is within the top 10% of national data for high obesity levels. By working with the NHS team we are beginning to improve the outcomes for our children and their families.

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Rationale / Start point (*state explicitly why you have chosen this aspect*).

Featherstone Primary School is committed to delivering high quality teaching and learning and an enriched extended curriculum for all pupils. Our whole philosophy is Aspire, Believe and Succeed for everyone in the school community. Sport in the school plays a main part and we have seen the success of this from the youngest to the more senior children. We have children in Key Stage two who excel in dance performing at our annual School Games Day and Festival of Cultures, as well as achieving sponsorships with secondary schools. With the support of our school sports, we have a year two pupil, who has further developed his skills outside of school and is representing England for the under 7s in Martial Arts and is competing in Spain. All of our sports teams regularly qualify for the finals competing at the highest level of competition for a primary school. We firmly believe that our circle grows so that we embrace the talent whatever it is but at the same time, ensure that all our pupils are equally given that opportunity.

The Change 4 Life Activ8 Club is an extra-curricular club, initially implemented to provide opportunities for our less confident, least active pupils. It has enabled EMG, EAL, SEND, G&T and Disadvantaged Pupils to become part of a unique club.

With increased pupil, parent and local community participation, the club continues to be a role model for effective practice on a national scale. The club has progressed in developing the 'whole child' and encouraging the whole family to lead a healthier lifestyle.

Provider context: (*Include provider numbers, relevant demographic details*) approx **100 words**

In total we have 278 pupils in clubs.

This is made up of the following:

Total School Number: 278 which include the following groups: Disadvantaged pupils on free school meals (33%), White English (33.8%), Pupils from EMG (66.1%), SEND pupils (19%)

Extra-curricular provision. For KEYS 2 Stage.

Of a 106 pupils in Keys Stage, 75 pupils have attended at least one club (after school). This is 71% of the KS2 population.

19% of the pupils are involved in leadership and volunteering sport in KS2 (School Sports Organising Crew).

Our evidence from parent voice shows that parents value and support the school in sport and in particular the Change4Life Club.

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Criteria	Activities that Support	Examples of Evidence
<p>1. Commitment to Quality by all involved</p> <p><i>eg Able to demonstrate a commitment to the quality of the Leading Aspect Award by the engagement of people</i></p>	<p>Current practice was reviewed and evaluated in line with the OFSTED Guidance on Sport Premium in School and Sport Action Plan in School. As a result, rapid action was taken to identify how to equally support all pupils. A new Sports Action Plan was introduced together with a Change 4 Life Action Plan. All school leaders played a key part in the development of both polices.</p> <p>All staff are involved in supporting the development of the Change 4 Life Club in school and supporting pupils with after school and off-site activities.</p> <p>Strategic Leaders, parents, visitors and stakeholders (Governors) participate in club activities. Local school involvement in the management and operation of the club enables them to implement this within their own settings.</p> <p>The Strategic and Club Leaders arranged for the NHS Children's Weight Management Team, to provide on-site support for identified children, families and the wider community.</p> <p>The Strategic Lead and Club Leader met the Asda Walmart Community Life Champion to introduce Healthy Eating / Cookery sessions into the club.</p>	<p>Sports Action Plan C4L Action Plan C4L Planning PE Policy</p> <p>Video School Timetables Competition letters/registers</p> <p>Letter from UK Athletics (Gov. K Forbes) Parent/Visitors Log Book Sports Newsletters School displays</p> <p>Emails (between school and NHS) Parent letters Visitors log Book NHS Family programme</p> <p>Parent letters Parent/Visitor Log Book School displays</p>

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Criteria	Activities that Support	Examples of Evidence
	The Strategic Leaders and Club Leader arranged meetings and off-site visits with a local social enterprise business Roots to Fruit, to enable the Disadvantaged Pupils unique outdoor cross-curricular learning opportunities linked with healthy eating, science, history, geography, arts and crafts.	Sports Newsletters Emails (between school and Roots to Fruit) Off-site visits
<p>2. Policy</p> <p><i>eg Evidenced through policy; systems and processes</i></p>	<p>Nationally, with only 21% of boys and 16% of girls currently doing the amount of physical activity they need to stay healthy, our manifesto highlights that too many children are living inactive lifestyles, damaging both their health and their ability to succeed. As a drive to get pupils more active and use sport to tackle attendance, behaviour and attainment – school leaders have supported the whole push of sport in school.</p> <p>The Strategic Lead, P.E and Club Leader updated the PE Policy to also include Change 4 Life and ensure that opportunities were created for all.</p> <p>Change 4 Life is integrated into the whole school and is scheduled into the weekly timetable. This is supported by all staff in ensuring that facilities and pupils are made available.</p> <p>The Strategic Lead and Club Leader worked collaboratively to devise a new Change 4 Life Action Plan, which is regularly updated to monitor impact. The plan, Impact Report and School Case Study have been used as examples of leading</p>	<p>PE Policy Equality Policy Medical Policy (re: Equality for pupils on medication). C4L Planning C4L Action Plan C4L School Statement</p> <p>School displays</p> <p>School timetable</p> <p>C4L Action Plan C4L Planning C4L Impact Report YST Case Study</p>

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	<p>practice by the Youth Sports Trust at national conferences. Established in 1995, the Youth Sport Trust is an independent charity devoted to changing young people’s lives through sport. Through its’ 20 years working with schools and young people, the Youth Sport Trust know the powerful impact that PE and school sport can have on young people’s development: not only improving health and wellbeing; but also boosting academic achievement while building confidence, resilience and self-esteem.</p> <p>The Change 4 Life School Statement was updated to reflect changes in the club; increased key staff and parental support.</p> <p>A whole school policy was created to celebrate teaching, learning and achievements in all areas of the curriculum through the Teaching and Learning Policy. Change 4 Life is celebrated and promoted around the school and plays an integral part of PE and Sports in school.</p> <p>As part of promoting all pupils participation in sport, displays in school also represent Change 4 Life Club activities.</p> <p>The impact of Change 4 Life forms part of the Sports Premium Policy and Impact Report featured on the school website.</p> <p>The school uses the Sport Premium for resources for its pupils and ensure that salaries are paid directly from school budget.</p>	<p>C4L School Statement</p> <p>Teaching and Learning Policy School and Sports Newsletters School displays Parent letters Certificates and awards</p> <p>Sports Premium Policy and Impact Report</p>

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	This allows for the sport premium to be used to its full potential.	
<p>3. Leadership and Management</p> <p><i>eg Demonstrates high quality Leadership and Management of the development of the Leading Aspect.</i></p>	<p>The Strategic Leaders are in full support of Change 4 Life and attend club sessions, meetings, presentations and competitions with the Club Leader locally and nationally. We all actively network with key stakeholders and the wider community to promote the school and the club.</p> <p>Governors Our Governor who is also employed by Athletics UK, the Field Governing body for athletics, has an invested interest and supports whole school sports and the club activities.</p> <p>Local Authority is informed of the impact of the club and parent views are shared with them. A newsletter recently emailed across to all Birmingham schools on the success of Featherstone was sent out by Sally Taylor – Director for Children’s and Young People Services.</p> <p>Stakeholders Parents and the wider community are also sent letters and school publications on the work of the Change 4 Life achievements.</p>	<p>OFSTED Report – Nov 2013 / March 2014</p> <p>Outstanding National Award</p> <p>FPS video and Power Point</p> <p>YST Conference Case Study</p> <p>School and Sports Newsletters</p> <p>Letter from UK Athletics (Gov. K Forbes)</p> <p>Birmingham City Council Newsletter</p> <p>School website and displays</p> <p>Parent letters</p> <p>School and Sports Newsletters</p> <p>Award ceremonies</p>

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	<p>The Youth Sport Trust and SGO/Primary PE Director are also updated on impact via questionnaires, meetings and written feedback.</p> <p>The club was recognised by the YST for the Outstanding National Award and the interviews are a key feature on the video. This is now used as a teaching tool for effective practice across the country in promoting health awareness in all schools.</p> <p>The Club Leader manages the club with short and long-term planning allowing for flexibility. The plans incorporate ideas from the Club Leader, Change 4 Life Activity Cards, children and parents to ensure a balance of activities. Sessions are evaluated and feedback is encouraged from key stakeholders to inform future planning.</p> <p>The Club Leader liaises with key staff; Strategic Leaders, Pastoral Manager, Class Teachers and the PE Leader to identify new focus groups. Pupils with health related and confidence issues in sport are identified first as a priority.</p> <p>The Strategic Leader saw the opportunity and created an additional role of Sports Assistant for the Club Leader to</p>	<p>C4L Impact Report Parent testimonials Children's and visitor's quotes Parent/Child/Teacher Evaluations</p> <p>Outstanding National Award FPS video YST Case Study</p> <p>C4L Planning Parent testimonials Children's and visitor's quotes Parent/Child/Teacher Evaluations</p> <p>Discussions for referrals C4L Invitation letter</p> <p>Parent/Visitor Log Book Volunteer Registration Forms</p>

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	<p>continue managing the extra-curricular club. This is further supported by an increasing number of reliable parent volunteers.</p> <p>The Club Leader promotes an open invitation for all parents and relatives of the children to attend. This has resulted in a substantial increase in parental support consequently, membership has almost quadrupled in its first year. Parents enjoy participating and some are confident to use their skills to lead activities too. (British Armed Forces Fitness Instructor, Yoga and Martial Arts Instructor, Pastoral Play Leader).</p> <p>The Strategic, PE and Club Leaders developed a Change 4 Life Policy, which is integrated into the PE Policy. This supported the development of the new Action Plan utilising the revised long-term planning.</p> <p>The Strategic Leader initiated international links with 2 schools in Africa. The Club Leader continues communications with the schools and is currently working on a long-term project.</p> <p>The purpose of this project with Africa, is to enable the Change 4 Life children to compare and contrast their lifestyles with those from across the world. It will provide an enriched, extended, cross-curricular, learning opportunity for all</p>	<p>C4L Invitation letter Parent/Visitor Log Book Registers Volunteer Application forms Sports Newsletters School displays</p> <p>PE Policy C4L Planning C4L Action Plan</p> <p>Discussions between Strategic Lead and the Club Leader Emails (SL, CL and Africa)</p>

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	involved. It also helps us work towards the British Council International Schools Award.	
<p>4. Teaching & Learning</p> <p><i>eg Demonstrates the significant contribution the Leading Aspect is having on improved Teaching and Learning</i></p>	<p>An immediate impact is the Increased level of physical development within the club and during PE lessons that has resulted in a greater level of participation in high level competitive sports.</p> <p>All members have increased self-esteem and confidence. This is demonstrated through wider school involvement in classroom leadership roles, School Councils and the School Sports Organising Crew who now lead activities for other groups of children during playtimes, after school and in the Change 4 Life Club.</p> <p>Children now enjoy PE and engage in more After School Clubs, internally and externally. Pupil Voice has identified that 100% say that they enjoy P.E. 82% of Parent Voice say that their child enjoys P.E in school.</p> <p>Staff have had the opportunity to also develop their skills in the delivery of P.E so that they can continue to support pupils' skills and development in teaching high quality P.E.</p>	<p>Competition letters/registers Displays Certificates and trophies Sports Newsletters School website</p> <p>School displays School and Sports Newsletters SSOC uniform After School Club registers</p> <p>Registers Pupil/Parent Voice PE questionnaire</p> <p>Staff timetables School Learning Journals</p>

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	<p>Sport CPD has developed staff knowledge in all areas of sport as a result of this, the school has met the criteria and awarded YST Bronze (2014) Silver (2015) and also the Sainsbury's Bronze (2014). We are currently working towards the Sainsbury's Silver and YST Gold. The criterion for this is to ensure that all staff have a level of involvement in the delivery of P.E and Sport.</p> <p>Verbal and written feedback from key stakeholders in consultation with the Club Leader reflects individual physical, academic, social and creative progress. With a greater awareness of their own health and wellbeing.</p> <p><i>“Children have gained more confidence in P.E, they are developing new skills...and actively engage in the challenging warm up activities and feel more confident/ excited in taking part in weekly P.E lessons/ clubs. Some children...seem to be getting fitter and more confident within class. Children are beginning to understand what it means to have a healthy lifestyle and how important it is to actively engage in daily/ weekly physical activity”. (Teacher)</i></p> <p>Parental engagement boosts motivation and confidence. This continues at home with family homework challenges set by the Club Leader. Parents have commented on their child's new attitude to wanting to try out new activities and eat healthier at home. As well as reflecting this back in school, with a more positive attitude to learning and an improved quality of work.</p>	<p>Awards Sports Action Plan</p> <p>Observations of children's confidence in the classroom Child/Parent/Teacher Evaluations Improved fine motor skills (better handwriting) Individual pieces of work</p> <p>C4L Planning Evaluations FPS video Parent testimonials</p>

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	<p><i>Parent quotes:</i> <i>“E. has now joined Cubs for the first time since ACTIV8”.</i> <i>“He is now trying harder in school and wants to earn his pen licence”.</i> <i>“My son has now tried eating sweetcorn at home, which he hasn’t done before”.</i></p> <p>The club was recognised by the YST for the Outstanding National Award. Our video is now used as a teaching tool for effective practice across the country in promoting health awareness in all schools.</p>	<p>Outstanding National Award FPS video and Power Point YST Conference YST Case Study</p>

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Criteria	Activities that Support	Examples of Evidence
<p>5. Monitoring & Evaluations</p> <p><i>egg Robust and rigorous systems and processes supporting effective monitoring and evaluation</i></p>	<p>The impact of all activities is monitored by the Leadership Team. This is also reported to Governors and Stakeholders by end of term reports. Governors are invited to monitor the quality of the clubs and the impact of the sessions.</p> <p>Further monitoring is also carried out by the P.E Leader to ensure that all opportunities are created for pupils in both key stages.</p> <p>Children’s registers are taken each week in the club and the Club Leader provides a Parent/Visitor Log Book for guests to sign and comment in. All visitors sign in at the office and are issued with a colour coded ID badge for safeguarding purposes. Regular parent helpers complete a Volunteers Application Form and receive a Visitors/Volunteers Policy to keep. Visits arranged by the Strategic and Club Leaders are confirmed with the office, Visitors Policies are completed, key staff, children and parents are informed.</p> <p>Change 4 Life monitoring and evaluations are ongoing and an impact report is produced twice per year. This contributes to the School Sports Premium Report and Action Plan which is submitted to governors and onto the school website.</p>	<p>C4L Impact Reports C4L Action Plan C4L Planning Sports Premium Report Sports Newsletters Evaluations Registers Parent/Visitor Log Book Heads Report</p> <p>Registers C4L Planning Parent/Visitor Log Book Volunteer/Visitor Application forms Emails Sports Newsletters Parent letters</p> <p>C4L Impact Report School Sports Premium Report</p>

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	<p>Planned sessions are utilised to complete questionnaires or reflect on their learning and progress in the club. Children are rewarded for their individual achievements and parents are rewarded for their support through special awards assemblies.</p> <p>At the beginning of the year, the children wrote their own fitness goals to achieve by the end of the summer term. Fitness challenges are organised each term during the club based on their goals. Nearly all the children have already achieved or exceeded their fitness goals.</p> <p>The Club Leader designed evaluations for the children, parents and teachers to show progress from joining the club and how this has benefited them in and out of school. All children have shown progress and an improved attitude either within school or at home. Parents are very complimentary about the club and how their child has benefited and teachers fully support and acknowledge the positive impact it has had on the children and their families.</p> <p><i>“The club now welcomes such a large group of children and without C4L some of these children would not be engaged with sport. I think this is a key turning point in some of these children’s lives and a change which will help to shape their futures. Furthermore, I have found the parental involvement impressive and it is always nice to see the community coming together to support the lives of our children”. (Teacher)</i></p>	<p>C4L Planning C4L questionnaires C4L evaluations Awards/certificates/prizes</p> <p>Fitness goals Fitness Assessment Cards C4L Planning</p> <p>FPS video Child/Parent/Teacher Evaluations Parent testimonials Children’s quotes</p>

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	<p>Parents, visitors, other schools and local businesses visit to observe the club and leave verbal and written feedback. <i>"Looking forward to seeing your fabulous C4L club in action! Thank you so much for showing us". (School 4)</i> <i>"We are excited to see how the club works". (School 5)</i> <i>"Fantastic! The food looks lovely. Keep up the great work!!"(Visitor)</i> <i>"We think what you're doing to help children and families is brilliant". (ASDA)</i></p> <p>The Club Leader meets with the SGO/Primary PE Director each term to provide verbal feedback on the club. An impact report needs to be produced at the end of the year for YST to monitor.</p>	<p>Parent/Visitor Log Book Evaluations Emails (schools to Club Leader)</p> <p>Minutes of C4L Meetings C4L Impact Report School and Sports Newsletters School website C4L and YST questionnaires YST Case Study</p>
<p>6. Outcomes/Impact</p> <p><i>eg evidence demonstrating improved Outcomes & Impact as a result of the Leading Aspect</i></p>	<p>After 3 months of the club being established, we were nominated by our SGO/Primary PE Director for the Outstanding National Award because of the immediate impact it was having on the children.</p> <p>The less active and SEND children now engage in more competitive sports often qualifying for the finals. This is evident through sports reports, displays and newsletters.</p>	<p>Outstanding National Award FPS Video YST Awards Ceremony YST Case Study</p> <p>Competition letters/registers Certificates and awards Sports Newsletters</p>

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	<p>Children now enjoy PE, contributing to school life and participating in After School Clubs, internally and externally. Evidence from Parent voice shows that 94% enjoy taking part in P.E and 76% of the parents say that their child attend After School Clubs (Feb 2015).</p> <p>99% of the parents agree that school promotes a healthy lifestyle.</p> <p><i>“Netball club has recently recruited five C4L children, they have recently taken part in a friendly competition against a cluster school and are super keen to get involved in as many of the netball competitions as possible”. (Teacher)</i></p> <p>All of the children’s self-esteem and confidence has improved. They are proud to be part of the club and look forward to attending every week. Children’s attitudes to learning and behaviour around school is now more positive.</p> <p><i>Children’s quotes:</i> <i>“Activ8 has changed my life. I make lots of friends, have fun and have a great time”</i> <i>“I like ACTIV8 because we do fun stuff like being filmed, getting army training, competitions and trophies”.</i> <i>“I’ve got fitter than before”.</i> <i>“I like all the things about Change 4 Life, it’s a great club to</i></p>	<p>School Sports Organising crew School Councils School displays PE questionnaire Parent/Pupil Voice Child observations and quotes Verbal and written feedback from children, parents, teachers and visitors Registers Sports Newsletters</p>

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	<p><i>join” “Spectacular”.</i></p> <p>The club has inspired other parents, governors and wider community groups to get involved. Parent participation has substantially increased (from 1 to 12 of which at least 5 regularly help each week). This has resulted in more children wanting to join from across the whole school.</p> <p>The NHS, Asda Walmart and a well-established family businesses Roots to Fruit, are working with the school to help promote and integrate children’s health and well-being across the whole school.</p>	<p>C4L Planning C4L Action Plan Registers Volunteer/Visitor Registration Forms Parent/Visitor Log Book Parent letters and testimonials Governor meetings and letter School displays and website Sports Newsletters Emails - visitors / companies / schools</p>
<p>7. External Benefits</p> <p><i>Eg Evidence of any wider benefits either internally or externally</i></p>	<p>On-site Children’s Weight Management Programme provided by the local NHS team. They are helping to address obesity in our area as identified by the national data. The programme supports the children and their families to lead a healthier lifestyle. This service has been extended to the wider community and we have also had families from other schools attending.</p>	<p>C4L Action Plan C4I Planning Parent letters Emails (School and NHS) NHS Family Programme NHS register Parent/Visitor log Book Visitor Registration Forms</p>

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	<p>Asda Community Life Champions are delivering healthy eating and cookery sessions during the club, using their Healthy Schools Toolkit. This helps to support our whole school priority for promoting health and wellbeing.</p> <p>Roots to Fruit are involved in a whole school, rolling program focussing on the Disadvantaged Pupils to create unique cross-curricular, outdoor learning opportunities to grow their own food, trees and plants, learn environmental science, forest school skills, outdoor arts and crafts and work towards achieving accreditations. Change 4 Life has 27% of Disadvantaged Pupils.</p> <p>Other school professionals from the Kingsbury Partnership and Birmingham area have observed our club and the children are proud to know they are role models for other schools across the country. The children are always excited to be part of a unique club and happily promote it in and out of school. They also help to recruit new members.</p> <p>The children have been involved with fundraising activities for Comic Relief supported by their parents and a Sports Coach from the Kingsbury School Sports Partnership. Throughout this year, they will also be participating in National School Sports Week events and fundraising to support Cancer Research UK</p>	<p>Emails (School and Asda) Sports Newsletter School displays and website</p> <p>Meetings Off-site visits Emails (School and Roots to Fruit)</p> <p>Emails (between FPS and schools) Parent/Visitor Log Book Sports Newsletters School displays C4L Invitation letter</p> <p>Parent letter Sports Newsletter Parent/Visitor Log Book School website School displays</p>

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	<p>(Race for Life), Birmingham Children’s Hospital and our Year 2 pupil who is representing England (in Spain) in the World Cup Martial Arts Championships.</p> <p>Many children now participate in several After School Clubs and sports competitions. The Club Leader and key school staff have all played a vital role in leading clubs, encouraging higher levels of attendance. Some children even continue activities outside of school. This has had a positive effect on their wellbeing and parents have commented on how much happier and more confident they have become to try new things.</p> <p>The Para Sports Hall Athletics event saw 12 of the children from Change 4 Life participate in the highest level of Citywide competition, attended by the Birmingham Lord Mayor and Paralympic swimming champion Ellie Simmonds. The children then went on to be photographed with Ellie and interviewed for Central ITV News.</p> <p>The children are also involved in intra-school local events, often qualifying for the finals and last year won overall 2nd place at the Commonwealth Sports Games Day held across the Kingsbury Partnership. This was also filmed for television.</p> <p>High quality PE and Sports CPD has enabled a staff sports team</p>	<p>After School registers Competition letters / registers Sports Newsletters School displays FPS video Verbal feedback - children and parents Children’s quotes Parent testimonials</p> <p>Competition letters Certificates and medals School displays Sports Newsletters Television</p> <p>Sports Report</p>

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	<p>to be created and an intra-competition has taken place. We are continuing these competitions, witnessed by all the pupils, and working towards the next level of inter-competitions against other schools.</p> <p>The PE Leader and Club Leader organised and led a free parent fitness workshop. Following the positive feedback, we plan to offer more fitness sessions to engage parents/family groups in the future.</p>	<p>Sports Action Plan Sports Newsletter Parent Workshop Evaluations</p>
<p>8. Sharing Good Practice</p> <p><i>eg Evidence of sharing, disseminating or challenging the development of the 'practice' beyond the provider</i></p>	<p>The Strategic Lead and Club Leader were invited as 'guest speakers' to present at the National YST Conference in Telford, February 2015. Furthermore, we have since been invited to present at other events across the country and the C4L children will be leading an active outdoor event for Birmingham City Council / YST later in the summer</p> <p>The Pastoral Team have received Play Leader training and ensure that children have play equipment available each lunchtime. They initiate and participate in games with the children with support from the KS2 School Sports Organising Crew and KS1 Play Leaders.</p> <p>The school promotes healthy eating and wellbeing through weekly PSHE lessons, organising healthy eating workshops</p>	<p>YST Case Study FPS Power Point C4L Information Pack</p> <p>PSHE Evidence Book School Planning</p>

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	<p>across the school and implementing a healthier menu choice. Parents and staff have been involved with sampling the new menu.</p> <p>Other Birmingham Schools have observed the Change 4 Life Activ8 Club or contacted the Club Leader for ideas to improve or establish their own club. An information pack was provided to offer further support. So far, 9 schools have visited to see the management of the club, of which we demonstrate effective practice. Other observations are still to be arranged.</p> <p>Featherstone Primary School is regarded as a leading school and the video is a teaching tool across England. This has been shared with the Local Authority and other Head Teachers in the country.</p> <p>The Club Leader is also a Change 4 Life Healthy Lifestyle Coach mentoring schools within the Kingsbury Partnership. As part of this leading role, the Club Leader meets with the SGO/Primary PE Director to discuss strategies and monitor impact for each school.</p> <p>Our club now has links with schools in Africa. This initiative is part of the Action Plan and is an ongoing project to educate and inspire pupils within the club and across the world. This</p>	<p>Emails (Schools to FPS) C4L Information Pack Parent/Visitor Log Book School displays Sports Newsletters</p> <p>FPS video</p> <p>Healthy Lifestyle Coach training Meetings with SGO/Primary PE Director Minutes from Change 4 Life meetings</p> <p>C4L Action Plan FPS Power Point Emails between FPS and African schools</p>

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	<p>will form part of a longer-term plan to establish more global links with schools across different continents and provide enhanced cross-curricular learning opportunities. We are working towards the British Council International Schools Award.</p>	

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Impact to date (200 words)

As a result of implementing the club:

- Child membership has nearly quadrupled (from 8 to 30).
- Parental engagement has substantially increased (from 1 to 12 volunteers).
- All children have shown improved levels of self-esteem, confidence, physical and social development.
- 50% of children now attend an After School Club and 27% attend more than one club.
- 70% of children have attended SEND and Sainsbury's School Games sports competitions.
- 20% of children have a leading role in the School Councils, School Sports Organising Crew and as Play Leaders.
- The club includes 50% boys and girls, 63% EMG, 7% EAL, 40% SEND, 7% G&T, 27% Disadvantaged Pupils.
- The school has presented at a national conference and has been invited to other national events.
- The school has been recognised for its impact and pupil achievements by the Local Authority.
- The Club Leader is now a Healthy Lifestyle Coach and mentors other schools within the Kingsbury Partnership.
- Schools within Birmingham have observed the club to gain ideas to help establish/further develop their own clubs.
- Featherstone is promoting health and well-being across the whole school and wider community with support from the NHS and local businesses.
- Featherstone initiated school links with Africa and is working towards the British Council International Schools Award.

Key Strategies:

- A strong passion, commitment and drive from the Strategic Leaders, PE and Club Leader.
- Whole school staff support of the Change 4 Life Club ensuring resources and pupils are available.
- Effective communication between the staff to identify and refer pupils to the club therefore maintaining sustainability.
- Whole school support in promoting Change 4 Life across the school and encouraging families and wider community groups to get involved.
- A strong partnership with parents helps motivate the children and encourages the whole family to lead a healthier lifestyle.

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- The club provides a combination of child-led and adult focussed fun activities.
- Feedback from all relevant parties is valued. This enables new ideas to be implemented, maintains maximum attendance and ensures the club is tailor-made for the interests of all its key stakeholders.
- The children's individual achievements are rewarded and celebrated with parents and as a whole school. Parental support is also acknowledged and rewarded in special award ceremonies.

Sustainability and further development:

Featherstone Primary is a growing two-form entry school. The Senior Leadership Team are committed to embedding the Change 4 Life programme throughout the school and is a key part of the School Improvement Plan.

The club remains sustainable through consultations with key stakeholders at all levels which ensures the children's needs are met. School staff identify children who will benefit from the club and provide feedback on the impact that it has had.

The children in Year 5 and 6 become the Club Leaders in preparation of supporting the new cohort of invited children in Years 2-4. This rolling leadership program therefore continues each year and maintains a sustainable club. The aim of the club is to develop the whole child, so that children's natural talents are supported and they are confident enough to progress into more competitive sports. Furthermore, this enables children a pathway for continued success into senior school and with their future careers.

Finally, the Strategic Leaders regularly liaise with other Birmingham schools to ensure that we are continually improving our teaching, learning and extra-curricular practice across the school. The PE and Club Leaders regularly network with the Primary PE Director and Youth Sports Trust and are updated on the latest PE, Sports and Change 4 Life training, inclusion festivals, School Games competitions and other events. The Headteacher is an Ambassador for Sport for the Youth Trust Sport and also has been recently been nominated by Youth Sport Trust to represent Public Health England.