

Eden School school signs up to YST National School Sport Week

More than 30 pupils will join schools up and down the country in being part of a week-long celebration of the power of Physical Education and school sport to improve young people's wellbeing in June.

YST National School Sport Week (NSSW) will inspire schools and supporters to use Physical Education and school sport much more intentionally to promote wellbeing and support the personal development of young people.

Children from Eden School will have the opportunity to take part in 'Five Ways to Wellbeing' between 24 to 28 June.

"It will be a great week where pupils will be active, healthy, on task and aid their own wellbeing!" - Mrs. Duplain, SENDCO

The Youth Sport Trust, which has been working in partnership with education for 24 years to improve the provision and impact of physical education, play and sport, has said too many young people are missing out on the life-changing benefits that can be delivered with the right approach, and it's time for change.

Ali Oliver, Chief Executive Officer at the Youth Sport Trust, said:

"It's fantastic that Eden School is taking part and showing their commitment to championing the power of sport to improve young people's lives.

"The wellbeing of young people has been in decline and too many are struggling with issues that a good quality Physical Education could support them with. But four in five young people aren't active enough and schools have been cutting time for PE on the curriculum.

"To turn this around we need like-minded schools, teachers, parents, young people and others to join together this YST National School Sport Week and show why PE and sport have an essential role to play in every young person's development and that the subject should have the same importance as Maths and English within a child's education.

"The focus of YST National School Sport Week 2019 will be on raising awareness of the vital role of PE and school sport in helping young people experience the 'Five Ways to Wellbeing': i) getting them active, ii) connecting, iii) giving back, iv) taking notice and v) learning.

"I'd urge anyone who cares about young people's health, happiness and success in school to sign up and join our campaign to improve young people's lives."

There will be the chance for schools to win a visit from one of the Youth Sport Trust's inspirational athlete mentors by sharing their best photos and videos during the week on social media demonstrating this year's theme.

Among those championing the week will be Ben Smith, the man who ran 401 marathons in 401 days. Schools will be given an opportunity for their pupils to be part of his next awe-inspiring challenge, USA 2020, through a partnership with the Youth Sport Trust and his 401 Foundation, which will culminate in National School Sport Week 2020.

Ben is a wellbeing ambassador for the Youth Sport Trust. He said:

"I'm delighted to be working with the Youth Sport Trust. Their mission is really close to my heart because I believe that physical exercise can help people to 'find their happy' and improve their wellbeing irrespective of their ability or background."

Anyone can take part in YST National School Sport Week by signing up at www.youthsporttrust.org/nssw. The charity will share key developments and provide free resources with schools and supporters to help promote events, offer tips and ideas for getting the most out of the week.

Follow and join in the conversation on social media using @YouthSportTrust #NSSW

For more information and media enquiries around YST National School Sport Week and the Youth Sport Trust, please contact Isabel Dunmore in the press office on 07825065195 or Isabel.dunmore@youthsporttrust.org

Notes to editors:

About the Youth Sport Trust:

The Youth Sport Trust is a children's charity working to ensure every child enjoys the life-changing benefits that come from play and sport. It has more than 20 years expertise in pioneering new ways of using sport to improve children's wellbeing and give them a brighter future.

The charity works with more than 20,000 schools across the UK and operates on a local, national and global level. It harnesses the power of sport, physical activity and PE to build life skills, connections between people and support networks which increase life chances through greater attainment, improved wellbeing and healthier lifestyles. www.youthsporttrust.org

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