ACTIVE SCHOOL
MORE SCHOOLS, MORE ACTIVE, MORE OFTEN

FIND OUT MORE meeting
Presenter: Karen Cotter
The Facts

60

ALL children require 60 minutes of moderate to vigorous physical activity EVERY day

80% of Irish primary school children DO NOT reach this target

1 in 4 Irish children are overweight or obese
SITTING in front of every teacher, every day are the 80% of Irish children that DO NOT get enough daily physical activity.
WHOLE SCHOOL Process

The battle against sedentarism requires schools to ‘think outside the box’ and to move away from the mindset that physical activity only takes place during PE time and that all children are active during playground breaks.

Physically inactive children spend long periods of time sitting in every teacher’s class, every day. Therefore, ASF has to be a whole school process. The challenge for schools is to find ways to encourage less active children to ENJOY physical activity more and to normalise physical activity as part of the school day.
We need to find ways to **ENERGISE** the school day

The FUN Theory

www.activeschoolflag.ie
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<th>Running Initiatives</th>
<th>Active Calendar Events</th>
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<td>European Week of Sport #BeActive</td>
<td>Climb the Heights</td>
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<td>Playground Leaders</td>
<td>RUN Around Europe</td>
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<td>Active Lines</td>
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<td>Active Homework</td>
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active kids learn better

physical activity at school is a win-win for students and teachers

GRADES: 20% more likely to earn an A in math or English

STANDARDIZED TEST SCORES: 6% increase over 3 years

JUST ONE PHYSICALLY ACTIVE LESSON CREATES: 13% increase in students' physical activity for the week

21% decrease in teachers' time managing behavior

physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:

after 20 minutes of sitting quietly

after 20 minutes of walking

Red areas are very active; blue areas are least active.

MORE RESULTS:

after 20 minutes of physical activity:

students tested better in reading, spelling & math and were more likely to read above their grade level

after being in a physically active afterschool program for 9 months:

memory tasks improved 16%


Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief.
Active Children are Better Learners

- Concentrate and Learn Better
- Present Fewer Discipline Problems
- Achieve Higher Test Results
- Enjoy School More

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An Active School

Physical Education
Delivers a broad and balanced PE curriculum

Physical Activity
Promotes inclusive physical activity throughout the school day

Partnerships
Works in partnership with others to promote a physically active school culture

Active School Week
Organises an Active School Week every year

www.activeschoolflag.ie
ASF LEADERSHIP

ASF coordinators are required to lead the process, but in order to ensure the sustainability of the process, it is vital that your school adopts a ‘many hands make light work’ approach.

ASF recommends, as a minimum:

<table>
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<th>Under 150 pupils</th>
<th>1 ASF coordinator</th>
<th>any teacher</th>
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<tbody>
<tr>
<td>150 – 400 pupils</td>
<td>2 ASF coordinators</td>
<td>junior class teacher senior class teacher</td>
</tr>
<tr>
<td>400+ pupils</td>
<td>3 ASF coordinators</td>
<td>junior class teacher middle class teacher senior class teacher</td>
</tr>
</tbody>
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How to Achieve the Active School Flag
Register

Once your school decides that it is going to work towards ASF you need to REGISTER online www.activeschoolflag.ie
Self-Evaluation

3 Documents:
PE/Physical Activity/Partnerships

These ‘tick the box’ documents should be completed as a whole staff activity.

After each review section you are asked to categorise your school’s current provision for that area:

 ✓ Area of Strength
 ✓ Satisfactory
 ✓ Room to Improve
 ✓ Requires our Immediate Attention
ASF and SSE

School Self-Evaluation Process (SSE)
Schools can select PE as one of their areas of focus for SSE. The process of self-evaluation outlined in this booklet is aligned to the SSE process. Schools can bring about improvement in areas that they have identified as they work towards their active school flag. Visit www.schoolself-evaluation.ie

School Self-Evaluation for Physical Education (PDST)
This NEW resource booklet has been designed by the PDST PE team to support primary schools in the school evaluation process specific to the curricular area of physical education. To view click here.
Success Criteria

PE/Physical Activity/Partnerships/Active School Week

Schools must be able to say ‘yes’ to ALL of the ASF success criteria for each of the aforementioned areas prior to submitting the online application form.

Extra success criteria apply for RENEWAL schools. The renewal flag is darker in colour to distinguish schools that have successfully gone through the process more than once.

Exemptions to the success criteria apply for special schools.
Website Showcase

Schools are asked to create an Active School Flag section on their school website to SHOWCASE the work that they are doing to generate a physically active school community. Click the icons to view sample website.

Castleplunkett NS, Co. Roscommon
SPECIAL Schools

ASF recognises that not all self-evaluation questions may be relevant for special schools and some of the success criteria may not be achievable in their setting.

Therefore we have included N/A as an answer option in the application documents for special schools.
Screening

SHOWCASE Your ASF Work
The website showcase is a really important part of the process as it ensures that the whole school community is kept up to date throughout the year. It also allows the screening committee to assess your school’s readiness for the ASF.

Approved
If the combination of your application form and website provide the screening committee with sufficient evidence that your school is fulfilling all of the ASF success criteria then an ASF accredditor will be assigned to visit your school.

Further Information/Further Development
A ‘Request for Further Information’ will be sent out to your school if the information in your application form is vague or if information is missing from your school website. A ‘Request for Further Development’ will be sent if the screening committee feel that greater time is required for the ASF process to become fully established in your school.

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Accreditation Visit

An ASF accreditor, on an agreed date, will arrange to visit your school for a 90-minute visit. The purpose of the visit is to:

- Verify that your school is meeting ALL of the ASF success criteria.
- Meet with and acknowledge the efforts of ASF coordinator(s), committee and everyone else that helped out with the process.

The ASF coordinator(s) and 2 – 3 pupil members of the ASF committee should remain with the accreditor throughout the visit.

After each school visit the ASF accreditor completes a report which is forwarded to the screening committee for review prior to the final decision being made.

www.activeschoolflag.ie
Successful NEW APPLICANT schools will:
▶ Receive an Active School Flag.
▶ Receive an Active School Flag certificate.
▶ Be listed on the home page of www.activeschoolflag.ie under their county tab.

Once awarded the ASF remains valid for a period of 3 years. After this time schools will be invited to re-engage with the process to RENEW their ASF status.

Successful RENEWAL schools will:
▶ Receive a renewal version of the Active School Flag.
▶ Receive an Active School Flag certificate.
▶ Be listed on the home page of www.activeschoolflag.ie under their county tab.

RENEWAL schools that attend BOTH the Getting Started and the Nearly There workshops during 2018-2019, in addition to the flag, will also receive an ASF outdoor banner for their school.
# School Support

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<th>Service</th>
<th>Description</th>
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| **Office Support**                           | eolas@activeschoolflag.ie  
(094) 9020704                                                              |
| **Find Out More Meeting**                    | Designed to EXPLAIN the ASF process to interested schools (September).     |
| **Getting Started Workshop**                 | Practical workshop for schools that have started working towards the ASF (October). |
| **Nearly There Workshop**                    | Practical workshop for schools that are getting ready to submit their ASF application form (March). |
| **ASF Development Officers**                 | ASF development officers are available to support schools with phone advice or — in some areas — with an in-school visit. |

www.activeschoolflag.ie
ASF School Resources

Badges.

Playground Leader Vests.

Whistles.

Banners.
Active School WALKWAY

Walkway plaque.

10 green route markers.

4 blue plaques which can be used as distance markers or to designate active zones.

www.activeschoolflag.ie
Online Support

Twitter
Follow us @activeflag to see what other schools are doing.

ASF Website
Browse our resources and information at activeschoolflag.ie

Newsletter
Sign up for the ASF monthly newsletter. Essential reading.

Case Study Schools
Click here for inspiration and ideas from other schools.
The ASF process ensures a focus on the importance of PE in our schools but also a focus on the amount of enjoyment there is to be gained from the participation in a wide variety of activities.

Irrespective of resources or facilities available there are ways and means to be an active school making use of inexpensive equipment, natural environment, outside facilitators and the use of online lesson plans and resources.

We have found it to be an inclusive, worthwhile, fun exercise.

Wicklow School
Positive aspects of the ASF process for our school were:

✓ Improved physical and mental health of pupils in our school.
✓ PE lessons for all improved as teachers collaborated on what worked well in lessons, resources were ready and accessible to all.
✓ Pupils got to experience new games that they hadn’t experienced before.
✓ Pupils took up new sports and games as a result of the ASF process.
✓ Whole school involvement
✓ It brought an excitement to the whole school
✓ It gave the ASF committee a sense of ownership which made them more involved in the process.

Limerick School
We have thoroughly enjoyed this experience. We feel that throughout this year we have become more active as a whole school and we have worked hard to improve aspects of the PE curriculum that needed attention. This initiative is something that we will carry on in the future and no doubt become a healthier and active school.

Every aspect of this process has been positive. Not only has it encouraged the children to become more active, it has also had a positive impact on the staff. We thoroughly enjoyed trying out new activities that challenged the children in fun and healthy way.

Mayo School
✓ The checklists make it very clear what needs to be achieved in the school and are a great guide to begin with.

✓ Self-evaluation surveys proved very effective in identifying areas of strength and areas needing improvement from the onset.

✓ The application form itself is very accessible and straight-forward.

✓ The whole process rose school spirit through physical activity which can be seen all around the school.

✓ The ideas and advice offered at the Active School Workshops are invaluable.

Westmeath School
Viewing the Slideshow

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https://get.adobe.com/reader/

From the Adobe software, select View > Full Screen Mode.