

# CHAMPIONS IN SCHOOLS

**Champions in Schools** is Denbighshire Education Services' pilot role-model initiative, which will place leading practitioners in Secondary Schools across the county, enabling them to inspire and encourage young people to fulfill their potential.

Through a series of workshops, the Champions aim to:

- Inspire pupils to achieve their own personal success through sustained effort;
- Encourage pupils to learn from and be enriched in their learning experiences;
  - Assist pupils in their quest to achieve their own personal goals.

## ***A MESSAGE FROM OUR PATRON, COACH ANNIE ZAIDI, Football Coach with Leicester City Football Club Centre of Excellence U11s***

***Winner of The Sunday Times / Sky Sports SPORTSWOMEN OF THE YEAR AWARDS 2015 – HELEN ROLLASON AWARD FOR INSPIRATION***



*My love for the beautiful game started when I was a little girl. Now, 20 years on, my passion is becoming my career. Mine is a story of empowerment and determination; of a female Asian football coach, fighting for equality and respect in a male dominated industry.*

*Being a woman, trying to make it in this industry, is the most challenging experience in my life. I am a very focused, headstrong, determined woman who strives even harder when people tell me that I can't or that I shouldn't, hence my motto: 'They can take my ball away but they can't take away my passion!'*

*I feel a responsibility to break down boundaries and smooth the way for aspiring female coaches.*

*I passionately believe in the power of sport to change lives. I desperately want all young people to have the opportunity to enjoy physical activity, engage in sport and learn important life skills. What is important is not how good they are, but the fact that they have tried new activities to enhance their lifelong learning skills.*

'Champions in Schools' is a unique life-skills programme, piloted by Denbighshire Education Services, and facilitated Curriculum Enrichment, in partnership with the 14-19 and Youth Engagement Team. The work of the champions will be critical in supporting the improvement of essential skills that support the development of confident and competent learners. The aim is to provide young people in Denbighshire with a wide range of positive role models in preparation for their future lives.

Our champions are special, designated people with whom a school will form a personal attachment. The champion might be a leading sportsperson, author, mathematician, scientist, engineer, entrepreneur, fashion designer, dancer, actor, politician, environmentalist, linguist, chef, filmmaker, artist, etc, etc. Tenure lasts for a minimum of a year, but the exact length is decided mutually between the school and the champion.

## What is 'Champions in Schools'?

'Champions in Schools' is a proposal put forward by Denbighshire Education Services. The number of schools involved in the pilot will depend on the level of resources available and schools will be invited to apply to join the initiative.

Champions in Schools places high performing practitioners in Denbighshire Secondary Schools to deliver a series of three inspirational workshops during the school year. Through curriculum-based activities and workshops, our champions will encourage and inspire pupils to:-

- ★ set and achieve goals in their education, their lives and their future careers;
- ★ achieve a healthy stimulated balanced lifestyle;
- ★ appreciate the value of hard work;
- ★ adopt a positive attitude in the classroom and beyond.

Our champions will illustrate and explain that skills and attitudes are transferable and that they are fundamental for success in all areas of life. By bringing some of the UK's leading practitioners face-to-face with school pupils, Denbighshire's 'Champions in Schools' aims to guide and motivate young people to become a generation who fulfil their potential and who believe that what is important is not how good they are, but the fact that they have tried new activities to learn new skills. Our champions will always be willing to listen to specific requirements schools may have. We aim to be as flexible as possible to meet your school's requirements and so make the visits as enjoyable and rewarding for all concerned.

National and international research indicates that role models can have a significant impact on the values and behaviour of young people. High performing practitioners in their chosen field are often regarded as excellent role models. Denbighshire's 'Champions in Schools' will provide an opportunity for young people to build a rapport with, and emulate the successful characteristics of, some of the nation's top practitioners. Through personal example, our champions will demonstrate to pupils that striving to reach their ambitions and making positive lifestyle choices can produce rewards. Our champions will instruct and support the pupils on how they can reap these benefits in their own lives. They will form a genuine bond with pupils, staff and parents through their love of their chosen specialist subject.

## What it involves?

'Champions in Schools' is aimed at pupils of early secondary school age (Year 8). Our champions will deliver three workshops to a selected group of 15-20 young people over the course of an academic year. Each visit is approximately 6-8 weeks apart and pupils will be set 'Champions Challenges' to work towards between each visit.

- Workshop 1: Inspiration and Goal Setting
- Workshop 2: Achievement
- Workshop 3: Winning Attitudes

The objectives of Champions in Schools are:-

- Pupils will have increased enjoyment in learning creatively;
- Pupils will learn to set and achieve goals;
- Pupils will appreciate the value of effort and hard work;
- Pupils will understand the benefits of a balanced stimulated and healthy lifestyle;
- Pupils will develop positive attitudes to their education and life.

## What's in a Winning Attitude?

- **Motivation**

Our champions want to be the best that they can be and continually better their own performances. This is what motivates them. They may not always be at the top of their chosen game or subject, but they always give their best. Students can emulate this self-motivation too. For example, you may not enjoy mathematics or science, but you know you need the grades if you want to go to college – that's your motivation.

- **Determination**

Determination is simply keeping going, even when it is difficult. Your champion needs to be determined every day when he/she is working, training, competing or performing. They are determined to achieve. For you, it doesn't matter what the challenge is, just keep going until you get there.

- **Self-belief**

Self-belief is being positive and having faith in yourself to complete a task. It's saying: 'I can do it!' As you set and achieve your goals, you will increase your self-belief and you will be more and more confident that you can achieve bigger and more challenging goals in the future. You will gain in self-belief.

- **Self-discipline**

Self-discipline is about understanding the need to do something, even when you might not want to, and making the right choice. Champions use self-discipline to get up early in the morning or to go out training or spend time studying. They know that to reach their destination goals they have to put in time and effort even when they may not want to.

- **Focus**

Being focused means keeping your concentration fixed on what you are trying to achieve and not being distracted. Sometimes it's easy to be distracted from what you are trying to achieve. It probably happens to you all the time at school – a friend trying to talk to you while you're in class, or something on TV putting you off your homework. Champions succeed by maintaining their focus.

- **Resilience**

We all go through hard times. We all fail tests, lose a game or have tough times at school or at home. How we react to tough times is important. Champions often find strength through challenging themselves to find a way around or through a bad situation. They show 'bounce-back-ability'.

- **Effort**

Every successful person makes a real effort and works their hardest every day – that's what makes them a champion. A real champion knows that if they perform to their maximum on the day and can't do anything more, then they can be proud of their results, regardless of whether they succeed or not.

- **Learn and improve**

Champions find ways to improve their skills because they are motivated to strive to be the best and to stay ahead of the competition. Often, champions learn more from making a mistake

because they ask what they could have done differently and then they make sure that they don't do the same thing in the future. You can learn and improve in all areas of your life from trying new things to learn new skills both at school and at home.

## **'THE PILOT'**

### **The Application Process**

Schools will be invited to complete an application form which will comprise of certain elements:-

- Named contact within the school;
- Target group within the year;
- Area of curriculum applicable;
- Category of Champion identified;
- Aims, objectives and outcomes for the target group;
- Measuring success against the aims and objectives.

### **Resources**

The pilot will be funded by Denbighshire Education Services.

## **'THE LAUNCH'**

The Launch Date for this pilot is **Wednesday 9 December 2015**.

### **Proposed Timetable**

- Application forms available - Monday 23 February 2016
- Closing date for application forms - Tuesday 22 March 2016
- Application forms evaluated by a Panel meeting - w/e 15 April 2016
- Announcement – w/c 2 May 2016
- Champion identified – May/June 2016
- Commencement of Pilot – September 2016

For further information, please contact:-

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