North Oxfordshire School Sport Partnership works with schools to deliver bespoke support to every school in North Oxfordshire, to improve the physical and mental wellbeing of young people through play, high quality PE, school sport and physical activity.

## NOSSP FAMILY NEWSLETTER

April 2025





## Have you heard about You Move?

You Move offers free and low-cost activities for eligible children and their families, including those on benefits related free school meals or Universal Credit, refugee children, and children supported by early help services in Oxfordshire, enabling residents to continue to stay active and have fun along the way.



By signing up to You Move, your family can enjoy a fantastic range of activities including swimming, badminton, gym passes, children's holiday activities and so much more!

Beezee in Oxfordshire Beezee Families is a free, award-winning healthy lifestyle programme for the whole family!



Learn about nutritious snacks and easy meals to cook together, get expert support from coaches and nutritionists.

Offering in-person group sessions, online group sessions and online learning at your own pace, you can pick an option to suit you.



Family outdoor activities to enjoy over the Easter holidays.....

How much daily physical activity does your child need to help keep them healthy? The Chief Medical Officer recommends the following minimum guidelines for children:

0-5 years 180 minutes of daily physical activity across the day5-18 years 60 minutes of daily physical activity across the day

Studies have shown that only 19% of 0-5 year olds are meeting the daily recommendation. Only 47% of 5-18 year olds across Oxfordshire are active for 60 minutes throughout the day.

Regular activity provides a range of physical and mental benefits. Active children are healthy, happy, school ready and sleep better.

All children have the opportunity to be physically active in school, but what about at home? The Youth Sport Trust 'Healthy Movers' program has created some easy to use activity resource card ideas families can access at home to help increase physical activity:

Healthy Movers At Home - Resource Cards

## NOSSP COMMUNITY AND FAMILIES RESOURCES

Local community garden events Countryside walks and health routes National Trust 50 Things to do before you're 11 <sup>3</sup>/<sub>4</sub> How to make a nesting stocking for birds Things to see and do in spring Junior Parkrun



We have developed a Google Drive folder of useful information for families. It will be regularly updated with holiday club leaflets and other local information on activities and healthy eating.



RISING STARS - Banbury Star Cyclists' Club For 7-14 year olds YOUTH CYCLE COACHING

Saturday 26<sup>th</sup> April 1-3pm Karcher, Brookhill Way, Banbury OX16 3ED 1pm session - ideal for those new to cycle coaching 2pm session - advanced skills



Don't

LINKS

USEFUL

Forget!

Sign up at: coaching@banburystar.co.uk



.....to check out these great activity opportunities!

**Banbury Cross Indoor Bowls Club Youth Academy** 

**Bicester Clip n Climb** 

Mark Andrews Football Coaching

Ride on Time

Weetabix Wildcats - girls football sessions



SIMPLY VEG TOT

ARE YOU STRUGGLING TO GET YOUR KIDS TO EAT VEG? HELP IS ON HAND WITH THE SIMPLY VEG WEBSITE. https://simplyveg.org.uk/launch-into-veg/

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<u>km.nossp@bgn.oxon.</u> <u>sch.uk</u>