

This email has useful **updates and offers**.

Mental Health Awareness week



PHYSICAL ACTIVITY IS NOT ONLY GOOD FOR YOUR BODY, BUT IT'S ALSO GREAT FOR YOUR MIND.

#MentalHealthAwarenessWeek

Being active releases chemicals in your brain that make you feel good – boosting your self-esteem and helping you concentrate as well as sleep well and feel better. Not bad for something many of us can do for free!

Being active doesn't have to mean taking out an expensive gym membership or running marathons. Finding an activity you enjoy can give you a goal to aim for and a sense of purpose. It can also be a great way to meet people, have a break from daily life and gain confidence.

It's even better if you're able to get active outdoors. Research shows that being in nature can make us feel happier, feel our lives are more worthwhile, and reduce our levels of depression and anxiety.



Article on physical underdevelopment

Thanks Ashley (Eldon) for sharing this article – highlighting how crucial it is to give children opportunities to enjoy being active.

A third of school staff have seen “physical underdevelopment” in students due to poverty.
<https://www.theguardian.com/education/2025/apr/17/a-third-of-uk-school-staff-report-physical-underdevelopment-in-poor-students>

Enfield Night Hike – tonight!

The Nightingale Cancer Support Centre has been helping people in our community for over 20 years with free emotional, physical and practical support.

The Night Hike is tonight Friday 16th May! It is a fantastic way of supporting this local charity.

There is a 5, 10 or 15km option. Hundreds of individuals and groups take part every year. Please promote this with your staff – it's a great idea for a staff social!!

[The Night Hike - The Nightingale](#)

NEW - Junior Parkrun @Pymmes Park

A free, fun and friendly weekly 2k event for juniors (4-14 year olds). Every Sunday at 9:00am
Please promote with your school communities – especially those near Pymmes Park. Poster attached.

[home | Pymmes junior parkrun | Pymmes junior parkrun](#)



JOIN THE JUNIOR PARKRUN FAMILY

WALK, JOG, RUN, VOLUNTEER
or simply come and watch - it's up to you!

FAMILY-FRIENDLY 2K EVENTS

Every Sunday morning

EVERYONE WELCOME

Walk, jog, run, hop, skip or jump - it's up to you!

HAVE FUN BEING ACTIVE

Share high fives and big smiles!

LEARN NEW SKILLS

Kids can volunteer in lots of roles

FOR 4-14 YEAR OLDS

Adults can join in with the kids too!

FREE & EASY TO TAKE PART

No special kit needed - wear whatever you like

MAKE FRIENDS

Meet lots of new people

FEEL HAPPY AND PROUD

Try your best and celebrate your achievements

"We all do it together as a family. The volunteers are really nice, it's fun and you can walk if you want to!"

Register at parkrun.com
and head down to your local junior parkrun event!



notes:

Pymmes junior parkrun: pymmesjuniors@parkrun.com

Pavillion on the Green Edmonton

Free activities taking place – walking, family fitness and dance - every week throughout the summer. See attached flyers

Girls Football in Schools – EQUAL ACCESS SURVEY.

We will be asking ALL schools to complete the annual Girls Football Equal Access Survey this term. This survey helps to provide us with a snapshot of what is and isn't being provided at schools within Enfield with regards to helping us achieve equal access. The data is also used by the Youth Sport Trust and the FA to help shape the programmes and opportunities they offer for all schools

Greg will be emailing you next week with your individual links to your school surveys.

National School Sport Week

National School Sports Week (16-22 June) is almost here – and our free resources are now live to help shape an unforgettable week of sport, play and movement.

[National School Sports Week - Youth Sport Trust](#)

Explore YST's website to sign up for NSSW and for ideas and resources.

Get lesson plans focused on fundamental movement skills

Inspire your pupils with daily challenges and classroom activities
Take part in Sports Star Friday, 20th June – like World Book Day, but for sport!
Over 1,000 schools will win PE equipment – and one lucky school in England will receive a £250 Sports Directory Voucher and a visit from an inspiring Athlete Mentor.



Kitround – The UK’s Leading Platform for pregamed Sportks Kit

kitround is the UK’s first marketplace dedicated to the reselling and redistribution of sports kit and equipment. We are committed to reducing waste and promoting sustainability, inclusivity, and community impact. Click below to find out more.

[How kitround Works - kitround](#)

School Games Mark applications

The School Games Mark celebrates schools' commitment to developing sport within their school and community. It allows schools to assess their PE provision and create an action plan for improvement. We will explain the process and offer support at our online subject leader meeting on 26th June.

For 2024/25, applications will be open from **Friday 02 May to Thursday 31 July 2025**. Schools should check the criteria and feel free to speak to us for support. If your school does not have a School Games account, register here. <https://www.yourschoolgames.com/>
https://www.yourschoolgames.com/documents/3102/School_Games_Mark_2024-25_FINAL.pdf

SEND Open Day Sunday 25th May

Flyer attached.

