

Sutherland Primary School

The Characteristics of our Community.

Blurton:

- Blurton is a 'disadvantaged community'.
- Only 53.3% of adults are 'economically active'.
- 36.1% of households have 'dependent children with no adults in employment'
- 23.6% of the community have a 'limiting long term illness'
- 18.9% of community claim Incapacity Allowance
- 14.8% of the community claim Income Support
- 50.2% of 16 – 74 year olds have no academic qualifications of any kind.
- 16.4% of 16-19 year olds are NEET (Not in employment, education or training)
- 43.2% of households have no car - The community of Blurton has no indoor sports facility within reasonable walking distance.
- Average household income is £19,442 (compared with England average of circa £31,000)
- 12.1% of households are 'single parent households'

Sutherland Primary School:

- ACORN data concludes that 77% of families are 'hard pressed', of which 67% are 'struggling families' and 9% are 'burdened singles'.
- The percentage of pupils eligible for free school meals is considerably more than the national average.
- The percentage of pupils identified as having special educational needs is above the national average.

Our Indoor Rowing Club.

We were fortunate enough to be given a grant by Awards For All to purchase six Concept 2 Rowing machines. We used these machines to introduce a structured indoor rowing programme delivered through a series of 'out of school hours' rowing clubs.

The Indoor Rowing Club was initially run as weekly 'lunch time' sessions – each session targeted a different group of pupils and each session catered for up to 24 children.

The club offers children, aged 9 – 11, the opportunity to experience a structured indoor rowing experience and 'healthy lifestyle' coaching format which rewards and celebrates achievements made by each individual child and by the group as a whole.

Now established, the club will be further developed into an 'after school club' which will cater for school Staff and then parents/the wider community.

Up to 20 participants were originally targeted with a view to them entering the British Indoor Rowing Championships in November 2007.

The main aims of the club are to: promote healthy living, develop self-esteem, improve social skills/interactions with peers, build self confidence and improve individual and group skills.

Thanks to the superb training offered by Concept 2, we now have most of our key stage 2 staff actively participating in encouraging and developing pupils to 'get involved' and thus achieve the aims of our club.

We have had fantastic success with some of our targeted pupils, in particular those pupils identified as 'over weight'. By introducing them to indoor rowing as part of a balanced programme of 'healthy living', we have successfully and significantly improved their 'wellbeing' – Eating habits have changed, as have attitudes to sport/fitness, and,

as a result, these children feel better about themselves and more confident in their interactions with others.