

CPRSSP NEWSLETTER

SPRING TERM 2025



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RED NOSE TAKEOVER!

INTRODUCTION

by Steve Bish - Partnership Development Manager
Castle Point & Rochford School Sport Partnership



As ever, an incredibly busy start to 2025 with a number of large SSP events taking place across the Spring term of 2025.

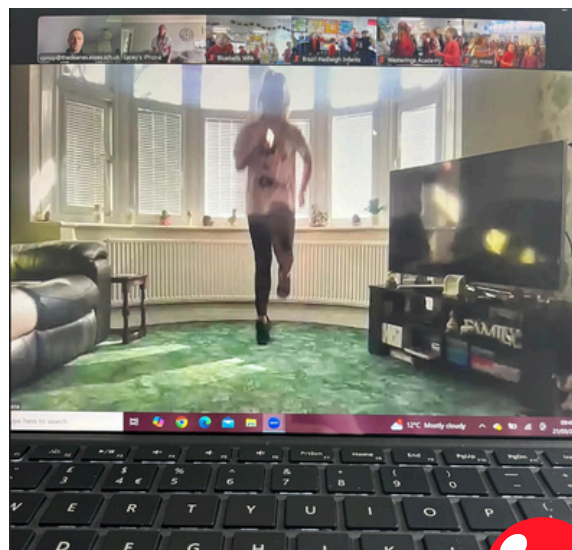
The mission of the SSP remains clear – to support all of our schools to allow their young people to be physically active every single day, find the sports and activities they love and build confidence and resilience through PE, school sport and physical activity.

We are delivering a number of targeted intervention programmes in schools which demonstrate the extremely close relationship between increased physical activity and improved mental health and well-being. So, it is even more important than ever that children and young people find something they love which gets them active and moving!

As an organisation, we are prioritising 'youth voice' and making sure the views of young people help to inform the work we do across the area in school sport, PE and physical activity. This is an area of work we will continue to develop over the coming months and years.

This term's newsletter will focus on some of our larger SSP events for both students and staff. I hope you enjoy reading about them and continue to support our work as a community to support young people to have fun and get active.

SSP VIRTUAL RED NOSE DAY DANCE LESSONS 2025



We are so lucky to have such an exceptional group of Dance specialist teachers as part of the SSP team. Once again our very own Lacey Brooks and Zoe Lane led two fantastic online dance sessions for Red Nose day.

Classes from across SSP schools joined in wearing a full array of red clothes and red noses joining in classrooms and school halls learning a brand new dance.

This was a record-breaking year with over 12,000 children joining and participating in the sessions!! It was wonderful to see the smiling faces and very impressive dance skills – even the teachers were joining in!!

Well done all and a special thank you to Lacey and Zoe.





MEET THE SSP TEAM



Jasmine Adams

Jasmine first found her love of coaching when she started assisting with mini tennis lessons at the Deanes Sports Centre when she was only 16 years old. She showed such great potential at an early age that it cemented her love for coaching and has since developed her skills and completed numerous qualifications to make sure she is best equipped to provide fantastic opportunities for young people in our schools.

Jasmine is such a bubbly character and a great role model for the children; she especially enjoys seeing the impact she can have on those children who may lack the confidence to get involved- Jasmine helps to motivate all.

Jasmine has recently also become a member of the SSP Bikeability team and plays a vital role in ensuring we can effectively teach these crucial life skills.

Did you know?

Jasmine has an identical twin sister and she loves to sing....you might see her on stage one day!

Thank you for all of your hard work Jasmine!

Zakk Palmer

Zakk is our newest recruit and he has already made a big impact. Not only did he save the day by taking on the role of the 'hare' at the recent cross country, but he has also become fully immersed in all that the SSP aims to offer.

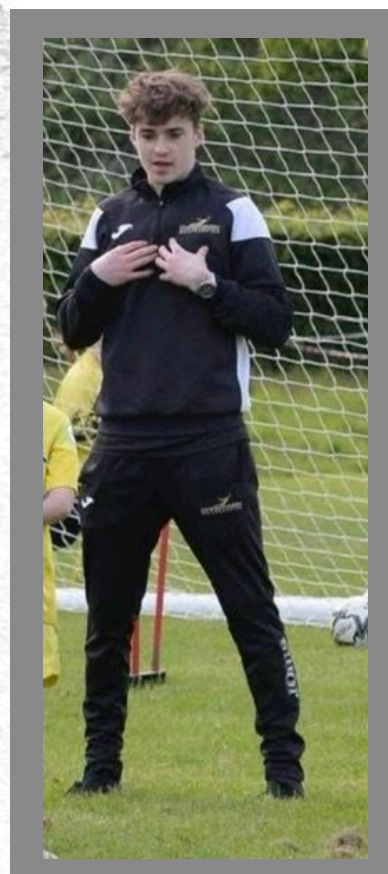
Zakk started off as a footballer, playing for three academies (West Ham, Chelsea and Southend United) as well as playing Basketball to a very high level. It was during this time Zakk developed a love of coaching and developing sport.

He joined the SSP team after completing a 4 year degree in sports coaching and community development. He is now putting all of this knowledge into practice.

Welcome aboard Zakk!

Did you know?

Zakk started coaching sport at the age of 15 so it is no surprise the career path he has chosen! Thank you for all of your hard work for the SSP Team!





SSP EVENTS, FESTIVAL AND COMPETITIONS



[CHECK OUT UPCOMING EVENTS HERE](#)

SSP ANNUAL DANCE FESTIVAL

One of the undoubted highlights of the academic year is spent at The Palace Theatre working with our schools to deliver the dance festival at the end of January. As a result of growing demand, this was the first year we filled the theatre for 3 whole days!

This is a fantastic opportunity for children to perform in a real theatre and to also enjoy the performances of others, alongside a very enthusiastic audience of family and friends. This year we had 58 acts take part over 6 sessions and a complete sell-out crowd! Thank you for all of your support.

The children enjoyed some extra special features this year with the return of the SSP 'Flash mob' dance, the ever popular dance-off and performances from an incredible guest professional magician (Louise Andree).

Thanks to Zoe Warren and our team of dance specialists for a fantastic three days!



THE SSP CROSS-COUNTRY COMPETITION 2025

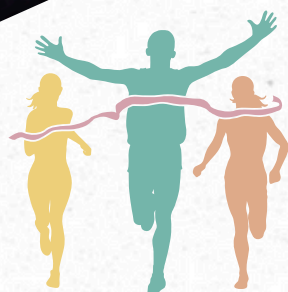
At the end of February our SSP team and a mere 1500 children made our way to Garons Park for the biggest of our annual school sport competitions.

Well done to all involved, we saw fantastic camaraderie, determination and resilience from the young people taking part.

The weather could not have been more challenging with an incredible amount of rain and strong winds but it did not stop the children involved - the staff were pleased to dry off though!!

A big thank you to all of the SSP Team and teachers for making an event of this scale happen!

A special thank you to Lawrence, Zakk, Sophie and Sky for setting the pace!





SSP EVENTS, FESTIVAL AND COMPETITIONS

(CONTINUED)...



[CHECK OUT UPCOMING EVENTS HERE](#)

GIRLS' FOOTBALL UPDATE

Ellie Turner-Powell is our SSP lead for the national Barclays sponsored programme which is focussed on increasing the opportunities available for girls in Football.

Ellie organised and delivered a fantastic leaders training day in partnership with Active Essex which trained secondary aged girls on how to coach and help younger girls to take part in fun and engaging activities developing football skills.

March saw a fantastic Year 3-4 Girls' Football Festival with 9 schools taking part, over 100 girls benefitted from working with Ellie and the team of Deanes leaders on the new 3G facility at the Deanes School.

Well done Ellie!



THE SSP YOUTH BOARD

We are now in our fourth year of running a very successful Youth Board. 43 students from 11 different schools have attended online briefings and a full training day at Deanes where they represent young people from across the area with three distinct roles:

- Represent the views of young people across Castle Point and Rochford and give their opinions on what school sport, PE and physical activity should look like in schools and the community
- Act as Ambassadors and help other people to get active
- Plan and deliver a Key Stage 1 sports festival in the summer term

The students had a brilliant day, taking part in consultation tasks and lots of practical activities. We look forward to seeing them again in June.



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If you would like to find out more about what we do please follow our brand new Instagram page.

Our page will showcase events, results and more...

Find us on Instagram

@ CASTLEPOINT_AND_ROCHFORD_SSP

