



XLR8 IMPACT REPORT

NEWARK ACADEMY

2018



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ACADEMY



THE CHALLENGE

The Summer School Programme aims to raise the school profile within the community to help pupils make a successful transition from primary to secondary school. Ofsted research has demonstrated that the Year 6 to Year 7 transition is incredibly challenging for many pupils, with some children showing a significant dip in performance and self-confidence.

Our early transition programme through funding from the school allowed a Health Mentor to support Ever 6 pupils (pupils who have been recorded as eligible for free school meals at any point in the last 6 years) and LAC pupils (pupils who have been looked after continuously for more than 6 months by the local authority) in their Primary School settings leading up to the course. The pupil recruitment strategy gave all pupils knowledge about the course and worked closely alongside the Primary Schools.





THE XLR8 PACKAGE

MAIN AIMS OF THE PROGRAMME



XLR8 is a transition programme designed by Evolve to address the issues pupils face when transitioning from primary to secondary school. Evolve's main aim is to educate and support both pupils and their parents/carers with regards to the challenges faced during this period and the best ways to prepare for and deal with these changes.

PRIMARY OBJECTIVES



To reduce incidents of antisocial behavior that commonly occur due to boredom during the summer holidays.



To impact the educational regression sometimes experienced when children (particularly Ever6 and LAC pupils) transfer to secondary school.



To reduce inactivity during the summer holidays by using an active learning approach.



THE COURSE



Themed weeks which all games, classroom content and other activities are based around.



Core Impact, where 15 minutes is spent on both Maths and English a day.

PB:ME (Personal Best My Efforts), the chance for pupils to take responsibility for their own improvement in a memory test, speed typing and speed bounce.



Talent, by encouraging pupils to bring their skills to the forefront and build confidence in the classroom, sports and at the final talent show.

Enterprise in true 'apprentice' style, developing team work and innovation.



Vitality, keeping pupils fit and healthy by participating in physical activity everyday

Digital Me, encouraging pupils to think about their achievements and identity with a social media twist.



THEMED WEEKS

Roots to Routes- The theme encourages children to think about their life and where they come from. The week offers creative discussions and fact finding missions such as how the pupils will maximise the many new opportunities at their school.

My Tribe My Land- Allows the pupils to be creative, work together as a team and lends the opportunity to demonstrate leadership in a variety of ways, this week encourages the practice of delegation skills, resilience and determination in order to compete for the best tribe award.

Superheros- During the week, pupils engage in conversation with each other, understand what makes a 'Superhero' and how they can achieve their personal best

My Big Idea- My Big Idea' allows pupils to demonstrate their entrepreneurial skills, teamwork and task management. The pupils create ideas products or services in teams and use elements of enterprise and business.



PUPIL TESTIMONIAL

"It was more than a sports camp which I thought it might be, I was able to show my talents and try things I hadn't before. I also learned a lot more about the other children coming to the school with me that I didn't know."



XLR8 PUPILS



40

**AVERAGE
ATTENDANCE**

RECRUITMENT

All children were made aware of the Summer School but we worked closely with school staff to identify target pupils who need emotional wellbeing support as well as Ever 6 pupils due to the evidence that the transition is often more problematic for these children.

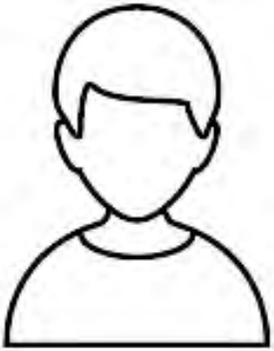
The process of recruitment for our pupils began with a letter and VIP invitation which was followed up with a Year 6 Open Evening to Parents and then phone calls.



@XLR8camps

THE XLR8 TEAM

OUR LEADERS



**HEALTH
MENTORS**



**COURSE
DIRECTOR**

The XLR8 programme was delivered by specially trained Evolve Health Mentors who work on improving attendance, attainment and behavior on a daily basis in primary schools throughout the academic year.

All staff on the camp were around to ensure the children were settling into the school environment and participating in all activities.

STAFF TESTIMONIAL

“On the first day one child caught my eye who was in the corner with his hood over his face. He was reluctant to speak or communicate at all. I later found out that he was in my group and day by day he slowly came around to being himself and he turned out to be more extrovert than a lot of the other children. The camp went really well with plenty of humour and a relaxed atmosphere”

Marc Hipwell, Health Mentor





CORE IMPACT



As part of the XLR8 programme, the pupils completed daily physical and cognitive development exercises using our partner programmes, Classroom Movers and My Cognition. This helps them to prepare for Year 7 and lay the foundations for future academic development.



CLASSROOM MOVERS

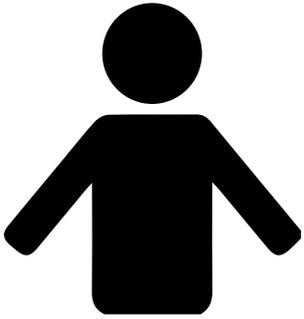
Physical activity programme shared electronically in the classroom that uses evidence based and age group appropriate exercises set on and around the child's chair. These activities take only 5-minutes each time and are scheduled for key times during the day to motivate, inspire, challenge and engage primary school children that will develop positive learning behaviours during subsequent lessons and beyond.

MY COGNITION

MyCognition aims to enhance the cognitive fitness of those in education, and in the workplace. Using digitally led insight assessments and training, MyCognitionED identifies the specific cognitive needs of students and provides them with tailored gameplay to train and enhance their cognitive domains.



MyCognition



PB:ME

PERSONAL BEST
MY EFFORTS



Average
increase of
PB:ME scores

PB:ME is a way to see how individuals can improve over the course of time. We tell our pupils: "We are not competing against each other; rather, we are competing against ourselves in an effort to improve and succeed."

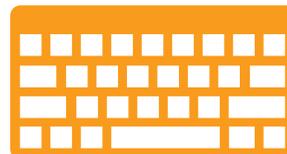
MEMORY TEST

- The challenge: to remember as many words as possible in 60 seconds.
- Pupils are given a list of words at the beginning of the week.
- The final goal: to improve their score each day and by the end of the week remember all the words



SPEED TYPING

- The challenge: to type as many words as possible in 60 seconds.
- Pupils use the website www.10fastfingers.com
- On a daily basis, they take time out to complete the challenge and attempt to type more words by the minute.



SPEED BOUNCE

- The challenge: to 'star jump' as many times as possible in 60 seconds
- Pupils measure their own progress and set their own personal goals.
- They are encouraged to try and beat their own score daily.



TALENT SHOWCASE

OUR PRESENTATION TO PARENTS

At the end of each XLR8 week, pupils demonstrated their talents and achievements with their parents/carers and other invited guests during a showcase event, where they also received individual prizes and congratulations.

Some of the talents pupils showcased were comedy skits, group dancing, singing duets, singing solo, and gymnastics routines.





OUTCOMES



To ensure the course produces a tangible impact, we asked pupils to complete a survey to measure their confidence, their relationships and skills. Our results show that following the course:

- 10% of pupils felt confident, including 60% very confident, knowing how to set goals and create action plans.
- 80% felt very confident getting to and from school, coping with earlier starts and longer journeys.
- 80% felt confident or very confident about knowing their way around school and not getting lost.
- 100% felt confident, with 60% feeling very confident, about knowing how to make the right impression.
- 80% of pupils felt very confident about getting to know new teachers, and no longer having just one teacher, but different ones for different subjects.
- 80% felt confident or very confident knowing how to cope with homework.
- 75% felt very confident knowing how to read the new timetable.
- 80% felt very confident knowing new routines and rules, the rewards and sanctions.
- 80% felt very confident about getting on with new people and knowing how to make new friends.
- 100% of pupils felt confident, with 60% feeling very confident, knowing how to deal with peer pressure.



PARENTAL FEEDBACK

"It gave my daughter more confidence when it came to starting school"

"She enjoyed doing the show"

"Confidence grew during the week, and they became more relaxed about going to school"





ABOUT US

Evolve is a social impact company that develops grassroots and upstream programmes that help children to improve their health, wellbeing, personal development and educational performance.

Evolve recruit and train versatile, specialised staff called Health Mentors to help support pupils' learning and wider development in schools across the country. Health Mentors use one to one mentoring

and take the time to develop meaningful relationships with individual pupils in order to inspire and engage children.

As well as XLR8, Evolve offer Project HE:RO which is an innovative and award winning programme that adds a new dimension to primary school staffing. Health Mentors provide focused mentoring support to disengaged and vulnerable children, whilst inspiring all pupils to adopt and lead physically and emotionally healthy lifestyles.

