

## Ortus Energy Youth Leadership Pilot

### Programme Guidance Update

**The Ortus Energy Youth Leadership Pilot (I Have the Power!)** has been co-created with young people to use the inspiration and leadership of YST Athlete Mentors (AMs) to empower Young Leaders to use the positive power of play and sport to improve wellbeing, build friendships, and foster understanding of one another.

We will be working with 20 schools across the UK to identify their year 7/S1-students most in need of support following the impact of the covid-19 pandemic; and their 13–16-year-old young leaders best able to support them through sport and play.

#### What will schools get from being involved?

Resources	E-Learning Packages	National Training	Regional Training	Local Training	Funding	Other
X				X		X

#### Who is eligible to run this programme?

Secondary schools in England, Scotland, and Wales

#### Challenges addressed through the Ortus Youth Leadership Pilot

- Physical, social, and mental wellbeing for year 7/S1 students struggling with their wellbeing and sense of belonging following transition to high/secondary school
- Wellbeing and confidence for older students taking a leadership role
- Employability skills for young leaders
- Empathy for and between students

#### Outcomes and impact

##### For the school/deliverer:

- Youth Leadership opportunity to grow the leadership and employability skills of young leaders
- A mechanism to provide support for year 7 students who have struggled with transition
- Inspiration and positive role modeling by Athlete Mentors

##### For the young people:

- Improved leadership confidence and skills inspired by Athlete Mentor support
- Improved physical, social, and mental wellbeing by developing confidence and resilience
- Increased empathy and understanding
- Improved self-efficacy
- Improved sense of belonging resulting in young people feeling socially valued

<ul style="list-style-type: none"> <li>• Opportunity for young leaders to use their voice to influence provision for Year 7 pupils</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding of how to self-manage wellbeing</li> </ul>
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**What are the expectations for delivery by successful schools?**

As part of this pilot, we are trialling two different approaches to youth leadership training to assess which has the greatest impact and is preferable for schools.

**Approach A**, a one-day AM led face to face training event at your school, followed by a half-day face to face Reconnect and Reflect event approximately 6 weeks later

**Approach B**, a half-day AM led face to face training event at your school, followed by 2 x 1-hour virtual AM led youth leadership workshops to take place within 2-3 weeks of the training event. Finally, a half-day face to face Reconnect and Reflect event approximately 6 weeks after the first training event.

Schools taking approach B will ideally be able to host the virtual workshops in an IT suite or similar using their school Zoom account and inviting the Athlete Mentor to join them; making a PC/laptop per young leader available so students can use the chat function while the teacher is present in the same physical room.

Please express your preference for approach A or B by emailing [Charlie.hartshorn@youthsporttrust.org](mailto:Charlie.hartshorn@youthsporttrust.org) by Friday 16 September. We will aim to allocate you your preferred approach however, this decision will consider availability of Athlete Mentors in your area, ability to host online sessions on Zoom; and a balance of both approaches being piloted within the project so your first choice cannot be guaranteed.

**To take part in this project the following conditions of delivery must be met:**

- Identification of a lead teacher who will attend an online project briefing, the youth leadership training day, the Reconnect and Reflect event; and lead a minimum of 4 short reflection and leadership skills sessions with the young leaders. Resources to support this will be provided. We encourage more than one member of staff to attend the online briefing where possible.
- Identification of the schools' sustainability lead or business manager to access information on Ortus Energy's free solar panels for schools offer (this is for information purposes only. You are not required to commit to any energy supply offer to take part in this project).
- Communication with the schools SLT and Sustainability Lead to help embed the project internally. This could include inviting them to visit the training and sharing the young leaders learning presentations at the end.
- Identification and support of 8 young leaders (preferably with existing leadership experience), to attend Athlete Mentor led training on the school site, lead a minimum of 4 play and sport sessions to help year 7's improve their wellbeing and sense of belonging; and attend an AM led Re-connect and Reflect event. The young leaders will also be expected to present a PowerPoint presentation/VLOG/podcast/video (or similar) to their AM at the Reconnect and Reflect event to identify and celebrate their learning through the project.
- Identification and support of 15-20 year 7 students most in need of support following the impact of the covid-19 pandemic (in particular, those struggling to settle and make friends)
- Hosting a face-to-face youth leadership training event for your 8 young leaders, and a half-day Reconnect and Reflect event at your school
- For Approach B Schools, hosting 2 x 1-hour virtual youth leadership training workshops.
- Collect attendance data and work with evaluators to evaluate the efficacy of the programme delivery and impact (see below for further detail)

- All schools are responsible for safeguarding their own students throughout the project.

**What support will successful schools receive from Youth Sport Trust**

- Youth leadership training and resources for young leaders
- An online teacher briefing
- Lead teacher resources and youth leadership skills cards pdf.
- Programme Manager support from YST
- Young person informed content
- Athlete Mentor involvement and inspiration
- Information from Ortus Energy on their schools offer to install solar panels free of charge
- A YST Safeguarding plan and risk assessment for any virtual delivery.

**Delivery timescales**

Timing	Activity
By 9 Sept 22	Sign up to project via online MOU
27 Sept, 2pm	Lead Teacher attends online Lead Teacher Briefing with all other project lead teachers. This will include a short introduction to Ortus Energy, so it is recommended the schools sustainability lead also attends.
3 Oct -15 Oct	<b>Approach A Schools</b> Host a one-day Athlete Mentor Led 'I have the Power' leadership training event at your school for your 8 young leaders
3 Oct -15 Oct	<b>Approach B Schools</b> - Host a half-day Athlete Mentor Led 'I have the Power' leadership training event at your school for your 8 young leaders
10 Oct-28 Oct	- Host 2 online (Zoom) AM led leadership training workshops (1 hour each)
10 Oct-18 Nov	<b>Approaches A and B</b> Support young leaders to deliver minimum of 4 play and sport-based sessions for year 7's to develop wellness and belonging
10 Oct-18 Nov	<b>Approaches A and B</b> Lead Teacher facilitate minimum 4 short reflection and leadership skills sessions
14 Nov-25 Nov	<b>Approaches A and B</b> Host half day Athlete Mentor led face to face Re-connect and Reflect event at your school

**What are successful schools expected to report on?**

**Evaluation and reporting**

As this is a pilot project, research and evaluation activities form a significant requirement. Insights captured will inform the development of the programme in the future.

By committing to this project, we expect you as a minimum to support the following activities

- Send the research information letter home to parents / guardians. This will give them the option to 'opt' their child out of the research. If this is chosen, we would ask that you ensure these young people are identified to the Athlete Mentors to make sure they do not participate in the research activities.
- Support the Athlete Mentor delivery of a paper survey at the start of the first training session and end of the last training session with the young leaders.
- Facilitate the year 7 participants to complete an online end of pilot survey after the fourth session delivery.



- Complete online project reporting. This will ask for monitoring and reach data including number of young leaders, participants, and a break down by gender, ethnicity, free school meals and special educational needs.
- Participate in a short (20-30 minutes) telephone interview with the researcher to provide your feedback on how the pilot has gone and how we can improve it for the future.

As part of the virtual teacher briefing on September 27<sup>th</sup> you will receive a research pack which will provide more information on the above and any surveys or links.

**Contact Details:**

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