



# ROLLER(SKATE) FOR RESILIENCE

## FEBRUARY 2023 REPORT

### ABOUT

Roller(skate) for Resilience is an intervention that uses rollerskating to help build young people's resilience and confidence. It is delivered in partnership with The Core Skate Hereford and funded by Herefordshire Council (Public Health). The sessions are aimed at children in years 5, 6 and 7; we asked teachers to select children who:

- Lack resilience
- Struggle with challenge
- Lack confidence
- Are struggling with transition (e.g. supporting year 6 children who are lacking confidence ahead of their transition to secondary school or those in year 7 that are struggling to settle).

### IN NUMBERS

11	Schools	56	Pupils
19	Male	9	BAME
37	Female	12	SEND
0	Non-binary	0	LAC
		15	PP

16% of participants were from minority ethnic groups, 27% were in receipt of pupil premium and 21% had special educational needs.



## ROLLER(SKATE) FOR RESILIENCE

### PARTICIPANT EVALUATION



98% said they were glad that they had taken part



92% said they were proud of something they had done today!



73% helped someone on the day

90% said they would like to skate again

## EMOTIONS BEFORE THE SESSION



## EMOTIONS AFTER THE SESSION







# ROLLER(SKATE) FOR RESILIENCE

## SCHOOL FEEDBACK

"I brought K as she struggles with physical activity and often in lessons, I can see her confidence levels plummet depending on the activity. I don't think she's very active outside of school and I know her confidence levels are due to other students sometimes making fun of her. Physically she is very weak and has no levels of fitness at all so finds activity a challenge. She stands out in PE lessons due to lack of fitness and ability.

She loved the skating. At first was very nervous and was very much of the 'I can't do it' mind set. but she did not once give up. She was beaming when she left. She now sees me and school and says hi and how she loved it (even though her legs are still hurting). I think others have been envious as they didn't get to have a go, so girls that aren't her friends have asked her about it which is great for her social life. "

Bishop of Bluecoat School

"We chose this student because she has an obsessive-compulsive disorder that causes her to clean her hands excessively and exhibits social anxiety at home. She is very active and attends lots of clubs; however, she struggles in teamwork situations and often becomes overwhelmed and worries about upsetting her team members and taking on new challenges that are outside of her comfort zone.

During the activity, she struggled to take the risk and attempt skating; however, with sheer determination, she didn't give up, and by the end, she was skating around and even dancing. After the event, the pupil was smiling from ear to ear. She got into her car to travel home, and for the first time, she didn't ask for hand gel to scrub her hands. Her mother even emailed in to let us know how happy the child had been and what a difference it had made to her."

Peterchurch Primary School



# ROLLER(SKATE) FOR RESILIENCE

## SCHOOL FEEDBACK

"The 5 children that I brought to Roller for Resilience are currently in Year 6. They all have very low self-esteem and physical ability. This has mainly been due to the impact of COVID and not being able to develop friendships both in and outside school or at extracurricular clubs.

One young man has low self-esteem especially in regard to his appearance and ability to do things. When we initially discussed going, he was unsure and following the short intro he was sure he would not be able to do it. This small group session with caring and compassionate instructors meant he was encouraged to keep trying and ways around barriers were found in order to ensure he could have a go! He would have not normally accessed this type of activity and if he had would have given up straight away. The support to develop his skill set and resilience was fantastic.

The children were much more confident on the return to school, telling their friends about their adventure and reliving the bruises for days! "

Withington Primary School

