



Greenhouse  
Sports

# The Norwood School Annual Review 2018-19



# Welcome

It has been a fantastic year at The Norwood School for Greenhouse Sports head coaches Asmerom and Lucio, with 194 pupils engaging at Greenhouse sessions throughout the course of the year. Coaches Asmerom and Lucio completed 2102 hours of coaching and mentoring, engaging pupils for an impressive 19,861 hours. Sessions were conducted before, during and after curriculum time, as well as throughout the school holidays. 156 pupils were also involved in sports competitions and targeted mentoring throughout the year.



Coaches Asmerom & Lucio

## The Norwood School 2019

### Highlights

- The Norwood School delivered their first primary school tournament to local primary schools in the community. This event was run and managed by our young basketball leaders and ambassadors to over 100 children.
- Ambassador Temi interviewed Sir Seb Cole at Man Group's Greenhouse breakfast event.
- Numerous Norwood school pupils were part of the 2018/19 Greenhouse Sports Youth Council, taking part in youth leadership workshops and projects at the Greenhouse Centre.

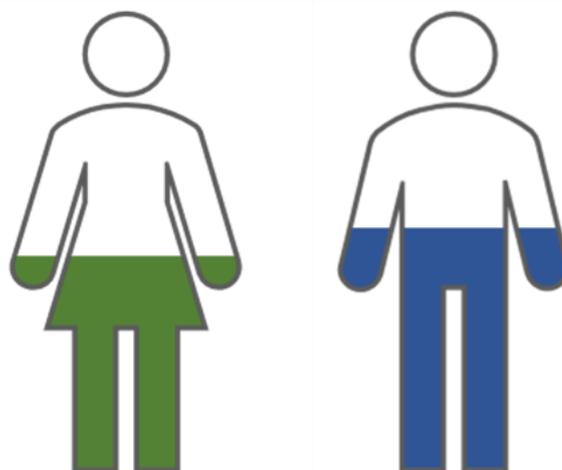


**194**  
Pupils  
reached

**2102**  
Coaching  
hours

**110**  
Participants  
attended 1+  
hours per  
week

**47% Females – 53% Males**



# Meet Shane

Shane has been a part of the Norwood basketball programme since 2013. Completing over 1300 Greenhouse hours in total, with 400 of these taking place in the 2018-19 academic year. Shane believes being a part of the basketball team is more than just any school sports team, “[the team] gives me a sense of family, which out on the streets you don’t really find much. I’ve gained a lot of friends - my closest friends are from basketball”.

Shane’s development off the court has been noticed by his family, “they’ve seen I’ve become a more relaxed character, more in tune with what I’m doing”. Currently Head Boy at Norwood, Shane has developed an understanding about his new role, and the effect he can have on others, and how he can develop himself “I can actually show that I’m capable to do things that others can’t, or even at a higher standard”, by using basketball to keep him focussed and to help him access new opportunities “I’m not wasting time, I’m dedicated to do basketball and it’s going to help me”.

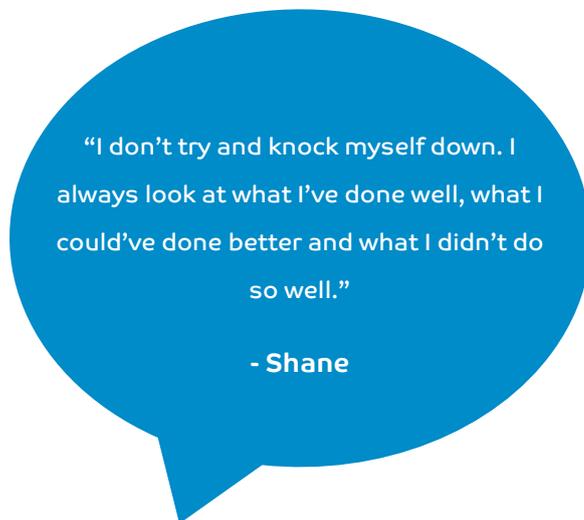
Shane mentions how his coach, Lucio has massively impacted his basketball experience, “He’s like a secondary father figure, I can speak to him about anything, he pushes me, he sees my fears, he sees the things that I like, and he pushes me to make sure I can excel and be better”.

Shane, who wants to study History at university, is constantly self-reflecting to help him improve his basketball and develops both in his wins and his losses, taking these teachings into his education also. “I don’t try and knock myself down. I always look at what I’ve done well, what I could’ve done better and what I didn’t do so well. Losing builds character, it helps you in the working world as well, there’s going to be situations where everyone’s trying to take the spot that you want”.

Shane’s confidence and leadership skills he has developed through basketball are clear in every part of his presentation, “the thing about basketball is it helps my personality. It helps me build confidence. I take

ownership for myself, the only person to push myself to do better, is myself. No matter what coach says, it’s all about my own mentality, but they helped me develop that into making myself better”.

Coach Lucio, whom has mentored Shane since year 8 believes, “Shane has become confident and a very committed participant in the programme. He has shown improvements in all STEP skills, but his development in his social and thinking skills over shadows his other STEP skills”, crediting his “sound and positive outlook of the world and his future”.



# Programme delivery

## The Greenhouse Sports Approach

Engaging young people in sport offers a fantastic opportunity to foster important life skills such as teamwork, communication, leadership, self-discipline, commitment and resilience.

At Greenhouse Sports, we recognise that the benefits of sport are not automatic but are dependent on thoughtful and deliberate planning and delivery. Our programmes are carefully designed to be fully inclusive and establish an environment which is fun, safe and engaging. Sessions are well planned and structured, with a culture of high expectations for coaches and participants alike. Our coaches encourage participants to self-reflect, taking responsibility for their choices, behaviours and personal development. Our coaches are technically skilled and highly qualified, as well as being role models and mentors for participants.

Greenhouse Sports programmes have long-term impacts on pupils. Our coaches build and sustain meaningful relationships with each participant to help develop valuable life-skills to enable participants to make positive future life choices. Greenhouse Sports programmes focus on the following four components: high quality, intensive sports coaching; mentoring; competitive opportunities; and enrichment activities.

Last year we opened our new central venue, the Greenhouse Centre, which acts a focal hub for our school programmes. Not only providing a performance table tennis pathway, it also offers many further skill and life boosting opportunities for all participants, such as leadership sessions, coaching and officiating courses and our annual Youth Council. Across the Centre and the Programmes we strive to constantly live our values of Passion, Commitment and Teamwork.



## PASSION – COMMITMENT – TEAMWORK

Extra-curricular sports coaching

**922** hrs

Enrichment Activities

**182** hrs

Competitive opportunities

**200** hrs

Mentoring & targeted work

**617** hrs

# Our impact

## Educational outcomes

Research points to a ‘virtuous circle’ for schools, in which promoting physical and mental health among pupils reinforces their attainment and therefore their sense of personal achievement and well-being.

### Key findings:

- The Greenhouse Sports model can **increase pupils’ attendance**.
- Full time sports coaching and mentoring promotes **positive mental wellbeing** in young people, helping them to engage in school
- By motivating young people, raising their aspirations and helping them to **reach their full potential**, Greenhouse Sports has a positive impact on both their participants and the whole school
- The Greenhouse Sports model can **increase pupils’ attainment**. In one participating school, attending the programme raised attainment by a third of a grade in English and 40% of a grade in Maths

*Loughborough University, 2017*

### Ofsted report from a Greenhouse School - 2018

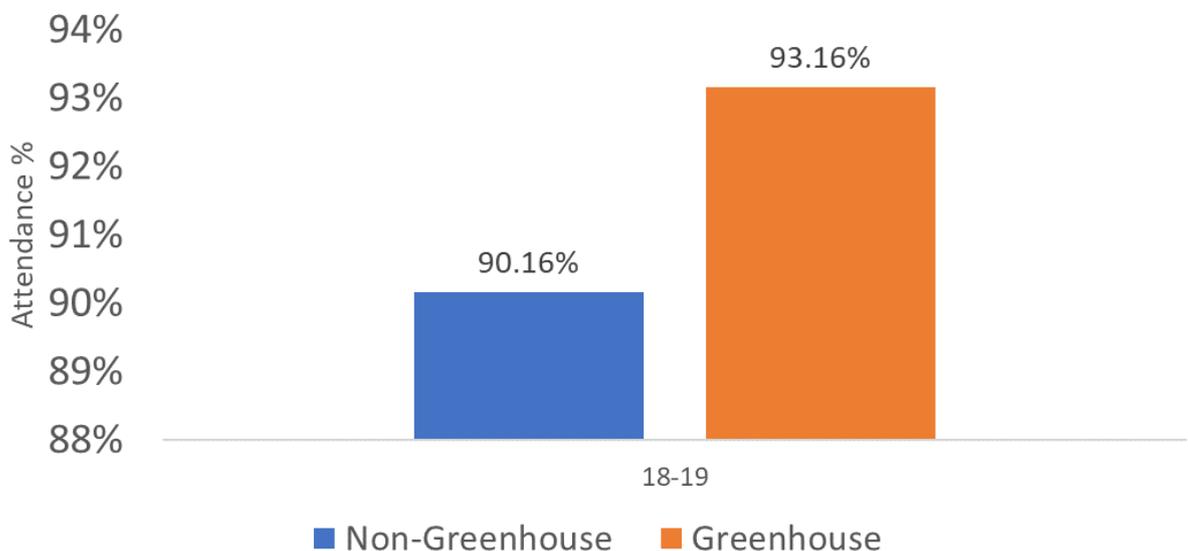
“Some pupils who find it difficult to manage their behaviour receive **high quality support** through a programme which combines basketball with mentoring. Their high levels of **respect** for their coach and their keenness to win and maintain his approval have had a marked impact in improving their **attendance, punctuality and behaviour.**”

“There is widespread evidence that engagement with Greenhouse Sports raises **attendance and academic attainment.**”

*Loughborough University, 2017*

## School attendance

From the charts below, we can see that the average attendance for Greenhouse Sports participants at the Norwood School in 2018-19 was 3% higher than their non-Greenhouse peers. Annually this equates to 6 more days in school.



## Transferable life skills outcomes & Satisfaction

Greenhouse programmes employ activities designed to develop the Social, Thinking, Emotional and Physical (STEP) skills of participants. Developing STEP capabilities and by offering opportunities to apply and transfer these skills inside and outside the sports hall, our programmes support young people to reach their full potential.

At the start and end of the school year, participants complete our Participant Questionnaire. Participants respond to a series of statements about their own behaviour, mental wellbeing and attitudes to school. These are then mapped on to the life skills in our STEP framework. By analysing the responses to these statements, we can provide an average score out of 10 for each STEP skill, using the participant's own self-assessments at baseline and follow-up.

### Greenhouse Sports STEP capabilities framework

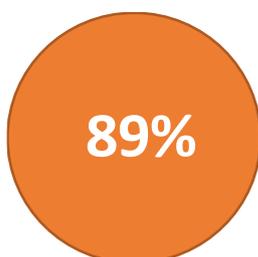
<b>Social</b>	<b>Thinking</b>
Communication	Problem-solving & Creativity
Teamwork	Self-reflection
Leadership	Planning
<b>Emotional</b>	<b>Physical</b>
Confidence	Agility, Balance & Coordination
Determination	Fitness
Self-discipline	Sporting Skill

**% of The Norwood School participants who indicated an improvement in a number of their 9 Social, Thinking or Emotional skills listed in the above STEP capabilities framework. Shown for the 2018/19 school year.**

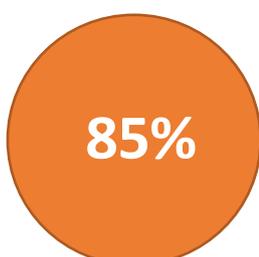


**We asked The Norwood School participants, from Strongly Agree to Strongly Disagree, how they felt about the following statements. Here are the numbers (%) that Agreed or Strongly Agreed.**

*The Greenhouse Sports programme has made me happier in school*



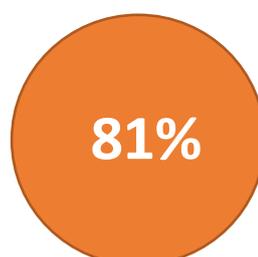
*My Greenhouse Sports coach(es) had high expectations for my learning and achievement*



*My Greenhouse Sports coach(es) helped me develop my personal skills (Social, Thinking, Emotional and Physical skills)*



*My Greenhouse Sports coach(es) helped me to become more confident in my approach to life*





# Greenhouse Sports

## Greenhouse in 2019

2019 marks Greenhouse Sports' 17<sup>th</sup> year delivering inspirational sports coaching and mentoring to young people in London. During the 2018-19 school year, we ran 42 programmes in mainstream schools, 7 in schools for pupils with special educational needs and two performance clubs. We worked with over 7,300 young people and delivered over 57,700 hours of coaching in basketball, table tennis, tennis, volleyball, judo, and multi-sports for pupils with special educational needs.

## Why Sport?

Research demonstrates that participation in sport:

- Promotes social integration and tolerance.
- Improves physical and mental wellbeing.
- Increases concentration and attentiveness in class.
- Improves a young person's school attendance and behaviour.

The positive effects of sport do not develop automatically. Greenhouse Sports recognises the right of all young people to participate in, and have a positive experience of, sport. Our programmes give priority to healthy development and are carefully designed and delivered by our inspirational coaches to be truly inclusive.

*“Sport has a unique power to attract, mobilize and inspire. By its very nature, sport is about participation. It is about inclusion and citizenship. It stands for human values such as respect for the opponent, acceptance of binding rules, teamwork and fairness...”*

– the Charter of the United Nations

