

# Bruntsfield Primary School Parent Council Funding Grant Application 2017/18

Bruntsfield Primary School Parent Council raises funds for good causes, primarily through events organised throughout the school year, from any surplus generated through running the extensive Clubs programme and through one off initiatives. This process is designed to allow the Parent Council to apply rigour to the distribution of funds, ensuing transparency and good governance.

The Parent Council seek to agree which good causes to support on an annual basis, to allow for considered decision making, and to allow applicants to plan on a reasonable timeframe. Funding decisions would ideally be made at the time of the AGM, early in the school year, but are possible on an ad hoc basis throughout the year.

This process is designed to provide applicants with the greatest chance of success and this form has been created to provide you with a framework to allow you to consider the criteria against which your application will be assessed. Members of the Parent Council will be available to assist in working these through with you if required. For small value grants (e.g. less than £1,000) we only require sections 2 and 6 to be completed.

Applications for funding are encouraged from the whole school community: teachers, school staff, parents, club organisers and club tutors. Fundamentally, the Parent Council seeks to support initiatives which can have the widest possible enduring impact on the pupils of Bruntsfield Primary School. We encourage applications to be aligned to the curriculum and to be deliverable with the support of the teaching body.

We will assess applications against criteria set out below, agreed by the Office Bearers and co-opted members of the Parent Council. Satisfactory applications of under £1,000 will be actioned by this group, satisfactory applications of over £1,000 will be put forward to the wider Parent Council for approval.

The Office Bearers will work with applicants to help refine any applications which fall short, so that they have the best chance of succeeding. In the event that an application does not receive approval, feedback will be made available to the applicant.

## Funding criteria

Inclusive: to be relevant to the widest possible pupil body.

Enduring: to have impact beyond the funding period.

Progressive: to be able to be built upon after the initial project.

Aligned to the curriculum; to support one or more area of the curriculum.

## Email address \*

natalie.borrowman@bruntsfield.edin.sch.uk

## Application details

Name of applicant \*

Natalie Borrowman

Telephone number \*

01312291821

How much money are you applying for? \*

£3600

Application title (e.g. Introduction to British Sign Language) \*

Introduction to Yoga

## Impacts and Benefits

**Who will benefit from this initiative? Is it relevant to specific year groups or interest groups only? \***

The initial focus of the yoga initiative is with all pupils in P1 and P2 for a 6 week block. The aim is to incorporate yoga within the school curriculum as a supporting aspect of our whole school Health and Wellbeing initiative : Building Resilience.

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**Will the initiative progress and provide the opportunity for further development? \***

The initiative will provide opportunities for staff to learn alongside and experienced yoga teacher and follow up the activities taught. There will be an opportunity to progress this to all year stages, and or target specific groups of children i.e. children with anxiety or ASD needs.

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**Who will oversee the initiative? \***

Natalie Borrowman, Jenny Dobie and Carol Kyle

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**Who will run the initiative day to day? \***

Caroline Urch

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**Who will evaluate the initiative? \***

P1 and P2 class teachers in liaison with Natalie Borrowman and Jenny Dobie

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## Outline how you will evaluate the benefit. \*

The Assess Your Progress unit 12 in Building Resilience provides a framework for assessing progress in emotional and mental wellbeing. The children will complete a pre assessment to identify their knowledge of yoga; what they know, and when or how they would use it. After the 6 week course based on their new experience and understanding of yoga, the circle time and mindfulness activities the children will identify and share how they can use yoga as a 'toolkit' strategy to 'Take a Moment' and create next steps in their action plan.

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## Funding

### Total amount applied for \*

£3600 initially for 9 classes ( 2 year groups)

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### Provide a breakdown of what this will be spent on. \*

The cost is £1800 for a 6 week course for 40 minutes per session for one year group. For P1 and for P2 the total cost

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### Is this a one off payment? If it is a phased payment, please provide details. \*

The £1800 payment will be for each year group and will be a payment of £3600 for the P1 and P2 year groups.

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Provide cheque beneficiary details \*

Caroline Phipps-Urch caroline@phippssurch.com

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Who is the beneficiary? Is it an organisation or individual? A receipt or invoice must be provided. \*

Caroline Phipps-Urch is the yoga instructor. She has a PVG and a children's yoga teacher instruction certificate. See certificate attached.

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Will this initiate give rise to a need for further financial support? E.g maintenance or upkeep. \*

The school has participated in several taster sessions and the feedback was very positive as a result we would anticipate applying for further funding to provide the same experience to all children in all year groups or year groups individuals as appropriate.

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## Teaching and curriculum support

Which area of the curriculum is the proposal aligned to? \*

Health and Wellbeing

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Is this supported by the School Management Team? \*

Yes

No

Who in the School Management Team supports this application. \*

DHT Natalie Borrowman and HT Carol Kyle

Detail any practical aspects of delivering the initiative. E.g. how does this fit with the school day? \*

The yoga sessions for P1 and P2 will be incorporated in the 2 hours of physical activity for primary children. The sessions will also support the Building Resilience unit 6 Get Active. The main focus of this unit is on building understanding of how keeping physically active can also help to contribute to our mental health.

Sessions will take place on Mondays in the Basement Gym and will be timetabled for 40 minutes per class. In consultation with the class teachers, Caroline's sessions will focus on an identified theme/ topic linked to the curricular overview, Curriculum for Excellence Experiences and Outcomes, Benchmarks and Get Active class activities.

Class Teachers will support the lessons and engage with the activities as appropriate.

## Further details

Please provide any further details in support of your application including how you will bring this to life in the school community bearing in mind the criteria that we are evaluating against: a) Inclusive, b) Enduring, c) Progressive, d) Aligned to the curriculum \*

Yoga assists in neuromuscular development, improves circulation, encourages bi-lateral

motor development, improves balance / coordination / proprioception, improves digestive function, strengthens the immune system and promotes better sleep. It reduces and helps manage anxiety and depression. Improves memory and recall, builds new and sustains existing neural pathways,

Yoga philosophy helps children learn to respect and love themselves as well as others.

With in the school setting it keeps children in the present moment and ready for learning, eases anxiety over academic performance or ability, improves brain function, focus and concentration. It supports emotional and social learning and improves posture which intern helps with breathing correcting, writing, sitting for long periods of time.

Caroline will work closely with the teachers and children with additional needs will be identified so classes can be tailored accordingly. For example if some children suffer with anxiety Caroline would use more 'grounding poses' and specific breathing techniques. In comparison if there are autistic children in the class the poses and pace would be differentiated.

The classes will start with 'circle time' to build empathy and connection by breathing together (supporting our current ethos and approach to emotional and mental wellbeing). The classes will be based around a theme and this can be a topic the children are working on in class. The classes then move onto yoga poses and games and activities and then finish with 'savasana' which is a relaxation/meditation and I adapt this for children using visualisation and breathing techniques. For the younger year groups stories will be used to illustrate some yoga philosophy or to reinforce the poses they have worked through. For the older children more partner work and challenging poses will be included.

Keeping active and healthy are two of our Edinburgh Wellbeing indicators. The yoga sessions encourage children to move, promoting co-ordination, core strength (important for postural control a pre-requisite for being able to sit and learn), balance, flexibility and confidence).

This is an ideal opportunity to strengthen the key messages we will communicate in Building Resilience Get Active Unit;

1. Being active is not only good for the body but also for the mind.
2. I have a range of hobbies and interests that I enjoy doing.
3. Doing anything new involves taking a risk.

and provide children with an additional tool for their toolkit to support them in challenging times.

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Signature \*

Natalie Borrowman

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Date \*

21.12.17

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