

THE INEOS FORGOTTEN 40 PROJECT

YEAR THREE: ISSUE SEVEN



Forgotten 40 project benefits thousands

ABOUT 25,000 schoolchildren, living in some of Britain's poorest neighbourhoods, have so far benefitted from INEOS' Forgotten 40 project.

From the outset, the plan was to help headteachers change the narrative for these children. To help headteachers give these children an incentive to do well, and to aspire them to be the best they can be.

With the project now in its fourth year, we have seen INEOS' funding used in so many creative ways.

In fact, there has been no shortage of ideas among headteachers, who know their communities better than anyone, and, more importantly, what needs to be done to solve some of the problems on their own doorsteps.

We have seen funding used to buy beds, meaning children are now coming into school feeling refreshed and ready to learn and all because they have had a decent night's sleep.

And we have seen funding spent on providing children with a healthy breakfast in school. The upshot of that? Those children are no longer too hungry to learn and are able to concentrate better in class.

Although we don't have concrete proof these simple initiatives are working, we believe these small changes will help to close the attainment gap in our Forgotten 40 schools.

In May, INEOS will once again host a conference in London to bring together some of the headteachers involved in our groundbreaking project so they can learn from each other.

Learn what works. And what doesn't.

Among the guest speakers will be Kate Ansley from the Child Poverty Action Group – just one national organisation that is trying to tackle poverty in the UK.

We will be interested to hear what she has to say – and hope she will take away lessons learned by Forgotten 40.

For it is only by listening and working together that we will solve a problem that has no place in modern Britain.

The Forgotten 40 team



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Forgotten 40 funding pays for trip to Snowdon

Families given a different view of the world



IT is viewed as one of the most satisfying mountaineering walks in the world.

So staff from St Vincent's Primary School in Birmingham had high hopes that 15 families – chosen for the school trip – would enjoy the hike.

But even they didn't realise just how much the children and their parents would benefit physically, mentally and emotionally from the trek to the 3,560ft summit of Snowdon.

As the families stood on the top of the highest mountain in Wales, they were lost for words. In awe, not only of the view, but also their own ability to overcome obstacles.

They also learned about the importance of friendship, determination and perseverance – and the sheer pleasure that can be gleaned from sitting on a rock to admire the view.

"There were times when some of them had thought about giving up, but they supported each other and kept going," said headteacher Tarah O'Brien. "When they got there, they were elated."

At one stage during the climb, an air ambulance hovered overhead to rescue an elderly man who had fallen.

"It was another experience they might never have witnessed," said Tarah. "And the children



'We wanted to show our families that there is a world outside of the inner-city'
- headteacher
TARAH O'BRIEN

were mesmerised."

The school had used some of its INEOS Forgotten 40 funding to pay for the trip to Wales.

"We wanted to show them that there is a world outside of the inner-city," said Tarah.

The families, including two children in reception, met at 6.30am, not knowing what to expect at the end of their three-hour coach journey.

Also on board were four teachers, two of whom had climbed Snowdon before.

There are six main footpaths to the summit, from where, on a clear day, it's possible to see Ireland, England, Scotland and the Isle of Man.

Tarah's group chose the three-mile Pyg Track, one of the shortest, but rugged and challenging in places.

For four hours, they made their way along the path, eventually arriving at the summit, which was sadly shrouded in mist.

"We had promised them a coffee once they got to the summit, but unfortunately the café was also closed," said Tarah.

What surprised them were how many other people were there too, which meant they had to queue to touch the 'summit stone' – a triangulation pillar with orientation lines, names and distances engraved on the brass plaque.

They then settled down to a picnic lunch –

which they had carried to the summit – before beginning their descent down The Miners' Track.

"They couldn't quite believe there was also a shop and a train station up there," said Tarah.

The Snowdon Mountain Railway was built in the late 1800s, and took 150 men with picks, shovels and dynamite 14 months to lay the five-mile track up the mountain.

It may be one of the most scenic railway journeys in the world, but Tarah's families wanted to walk down the mountain.

"One or two joked that they could have got the train to the top, but you could see how proud they felt, that they had walked," she said.

When the families and teachers finally got back to the coach, all the talk was about the climb.

"There was a real sense of pride and achievement," said Tarah.

And since then, other families, whose children attend the inner-city school, have asked if they too can do it.

And can they? 'Yes, they can,' she said.

Lapping it up..

STAFF from St Vincent's Primary School in Birmingham knew the beach would be busy when they visited the seaside town of Weston-super-Mare.

For they had invited everyone who was on it. All 420 children and families.

The trip had been laid on, using some of INEOS' Forgotten 40 funding, to allow children to see the sea and feel the sand between their toes, many for the first time.

"The children said it was their holiday," said headteacher Tarah O'Brien.

For almost six hours, the families played football and cricket together, built sandcastles, and shared picnic food.

"A few went into the town, but the idea was for them to play on the beach so they did not need to spend money," said Tarah.

And although the sea was cold, it didn't stop all the children from taking a dip.

"They had stripped off their clothes before we could even unpack," said Tarah.

Moving mountains ..

IT was a mountain that changed TV adventurer Simon Reeve's view of the world.

After leaving school with no qualifications, no girlfriend, and no job, he blew some of his state benefits on a cheap train ticket to Scotland – and hiked Coire Gabhail, a hidden, secret valley with boulders the size of houses.

As the then teenager scrambled up the steep slope in his trainers and jeans, other more experienced hikers warned him of the

dangers that lay ahead, especially as it was getting dark. But this was the first time he had ever left London and he was on a mission to conquer something.

"It wasn't how the government wanted me to spend my benefits, but it was a complete tonic," he later wrote in his book *Step by Step*. "That climb changed me. It was about setting myself a task that seemed unlikely and making sure I achieved it. For the first time in years, I felt a sense of physical success."



PICTURES: LUKE ALDRED

ST AUGUSTINE'S PRIMARY SCHOOL

Sporting sessions helped to alleviate SATs stress

Boxing blows away children's anxieties

A SCHOOL in Manchester found the perfect answer to SATs. **Boxing.**

St Augustine's C of E Primary School used Forgotten 40 funding to allow all 30 children in year 6 the chance to regularly let off steam in the school hall.

And those 45-minute sessions with qualified instructor Anthony Heaps worked.

"By the time the exams came round, no one was in tears and, unlike previous year 6s, they were not as worried or as worked up," said headteacher Razia Shah.

Many parents and teachers have complained for years about the statutory SATs tests, which year 6s sit at the end of primary school.

In 2023 Kerry Forrester, headteacher at Tarporley Primary School in Cheshire, penned an open letter to Tory MP Edward Timpson, calling for SATs to be abolished after witnessing some of her able pupils break down in tears after sitting one of the English exams.

"Pupils put themselves under immense pressure to perform well in these tests, which has a negative impact on their self-esteem, confidence and mental health," she said.

Razia said the boxing lessons, courtesy of Collyhurst & Moston Amateur Boxing Club,



'By the time the exams came round, no-one was in tears, and, unlike previous year 6s, they were not as worried'
- headteacher **RAZIA SHAH**

not only helped her children to de-stress in the run-up to their SATs, but it also improved their fitness.

And parents reported happier children at home too.

Boxing is widely believed to develop a child's confidence, teach self-discipline and encourage healthy living.

Britain's Nicola Adams, two times Olympic boxing champion, took up boxing when she was 12.

Now retired from competitive sport, she recently launched a new course through The Prince's Trust for young people struggling to get their lives on track.

"I know what it's like to struggle," she said. "Boxing has always been a safe space for me where I can be myself. But it has also given me the courage to go out and achieve my goals in life."

The latest children to benefit from boxing sessions at St Augustine's are those with social, emotional and mental health difficulties.

Many have either experienced trauma or are still suffering.

"They get very angry very quickly and 'want to hit' something," said Razia. "So boxing is giving them an outlet for their frustrations and emotions. It is also helping them to be more disciplined and focus."



Pupils have smashing time at first-ever tennis tournament

It's a match made in heaven ..



'We chose tennis because it is a sport that many of our children hadn't had the opportunity to play before'
- headteacher
JANINE PARKER

IT is known as the Wimbledon of the North and, over the years, it has welcomed many high profile tennis stars.

But that didn't faze pupils from St Malachy's Primary School in Manchester when they were invited to compete against five other schools at the Northern Lawn Tennis Club, one of the oldest lawn tennis clubs in the world.

"They weren't nervous at all," said headteacher Janine Parker. "It didn't matter that they had only recently picked up a racquet. They were just incredibly excited."

That excitement off court turned into so many super shots on court that the team finished runners-up.

"We couldn't quite believe it," she said.

In the past, tennis was only played in school by one class during a brief spell in the summer.

But Forgotten 40 funding has allowed the school to introduce it to the masses.

"We chose tennis because it is a sport that many

of our children hadn't had the opportunity to play before," said Janine.

Initially, the school hired a tennis coach, who brought along equipment to school, to teach both the staff and children.

But Janine realised it would be more sustainable if the school bought its own equipment and sent teachers on tennis training courses.

That shot in the dark proved to be a winner. Today, all 180 pupils – from year one to year six – play tennis.

"We also offer an after-school club," she said.

The school was also recently named Tennis School of the Year by Tennis Lancashire in recognition of what it is doing to promote the sport in school.

INEOS' funding also paid for the children to watch The Davis Cup finals in Manchester where they saw their idols, Andy Murray and Jack Draper, playing. "They loved it so much," she said. "It would be amazing to take them to Wimbledon."

With tennis now firmly part of the school calendar year, Janine said she was now planning to introduce the children to cricket.



PICTURES: LUKE ALDRED





The road to discovery

Head invests time & energy to lead educational bike rides

CHILDREN from a school in the North East have been taking a break from the classroom to enjoy bike rides with their headteacher.

The idea behind each of the seven afternoon rides is to show the group of 12, year 6s what lies beyond the school gates and help them to gain an insight into their local history.

“It is important they understand their industrial heritage,” said Paul Struthers, headteacher at New Delaval Primary in Blyth.

Destinations ticked off the list so far include Seaton Sluice, a small, picturesque harbour which used to export salt, coal and bottles, and Blyth Harbour, which is at the forefront of the UK’s drive for clean energy.

The children have also stopped off at South Beach and Blyth Beach, both popular with holidaymakers visiting the Northumberland coast, and Bebside, a former mining village.

Paul said INEOS’ Forgotten 40 funding had helped to pay for sessions with

Richard Rothwell, a bike enthusiast who had previously worked for a charity that encouraged pupils in Blyth to cycle to school.

Funds had also been used to buy waterproof and high vis jackets, and gloves for the children in the event of bad weather, along with backpacks.

“The backpacks come in handy when the children go on their final, full-day bike ride and need somewhere to keep their picnic,” said Paul.

What’s been lovely for Paul is hearing how the children are using their new-found knowledge of their local area to encourage their own parents to venture out at weekends.

The 12 children are chosen each year from a long list of those wanting to join the bike ride.

Those lucky enough to go not only increase their fitness, but also learn the value of resilience – especially when it is windy or raining – friendship, teamwork and communication.

“These are all skills which will help them when they go to high school,” said Paul.



School brings hope to life



'The views may be spectacular but the houses look uninhabited and when you drive around the estate, it is difficult to imagine there are people living there'

- headteacher
ANDREW WILLIAMS



DECADES of decline have killed off most things in Penrhys.

Over the years it has lost its pub, its betting shop, and just before Christmas, its last remaining convenience store shut after the owner died and no one wanted to run it.

The loss of Woody's Post Office hit the community hard.

"It meant they had literally nowhere to shop unless they had a car and drove down off the estate into neighbouring villages," said Andrew Williams, headteacher at Penrhys Primary.

"They could walk, but Penrhys is situated on top of a one-mile-long steep hill either side."

To ease the burden on local families, Andrew is planning to open a Penrhys Pantry in the grounds of his primary school.

He has gained funding from Trivallis, the local housing association which manages the Penrhys estate, and bought a cabin.

He now intends to use some of his Forgotten 40 funding to install electricity in the cabin and buy the first batch of discounted food. "Once we have done that, I am hoping that we can sustain the project so that we can purchase more food out of the money raised," he said.

Unfortunately, the shop will only be open one afternoon a week.

But Andrew says it's a start.

"It will give our families the opportunity to buy discounted food," he said. "And if it goes well, it will open one afternoon in the school holidays as well."

During the holidays, Sharon Rees, who is chairman of the school's governors and also runs Llanfair Uniting Church, will ensure it stays open. Penrhys estate in the Rhondda Valley was built in the 1960s to cope with the expected influx of coal miners.

But when it finally opened, no one really wanted to live on top of a hill, the mining industry was in decline and many people were out of work.

Today, of the 951 homes that were built, only 400 remain. The others were demolished.

"The views may be spectacular, but the houses look uninhabited and when you drive around >>

Headteacher's initiative raises attendance to an all-time high

Penrhys attends to an age-old problem - and wins over pupils

THE Welsh school has devised an ingenious way to raise attendance.

Each class at Penrhys Primary School in the Rhondda Valley now has a mini washing line in the school hall – and an attendance target for the week.

If they hit their target, they earn a letter for their class' washing line.

The first class to spell out the word ATTEND wins a free trip paid for by INEOS' Forgotten 40 fund.

So far, three out of the five classes have enjoyed trips to a bowling alley, the cinema and a trampoline park.

"A trip to a bowling alley might be a typical outing for a child from a more affluent home," said headteacher Andrew Williams. "But to our children, it's like giving them the world."

At the start of the initiative, each class was set the same target of 90% attendance. Today, two of the classes – Dosbarth Glas and Dosbarth Gwyrdd – regularly record 98% attendance.

"Both of those classes have won the prize twice, despite the fact that I raise the target every time they win," he said.

Even the lowest classes enjoy 93% attendance.

"The children and their families have absolutely loved doing this," he said.

Andrew realised very soon after joining the school that he needed to find a way to



entice children to attend lessons.

"Attendance was very poor and we were bottom of the cluster league table," he said. "The children had either no desire to be there or their parents were completely disinterested."

This initiative, though, has been so successful that Andrew was recently invited to talk about it to all attendance leads in the Rhondda Valley at a recent meeting at Llantrisant Leisure Centre.

"Due to increased attendance, we have also seen a definite improvement in the children's work," he said. "But it's not just been noticed by us. The local authority conducts termly book scrutiny and the progress made has been highlighted."

Researchers believe there is a clear link between school absence and academic

achievement. And it is widely believed that pupils, who are eligible for free school meals, are most likely to skip school.

In the past, attendance at Penrhys Primary had been as low as 84%.

"There are usually many different reasons why children miss school," said Andrew.

But it's not the only initiative that is helping to engender a sense of pride among families living in this hilltop town.

To help tackle historically poor reading results, the school has used some of its Forgotten 40 funding to pay for phonics training for all staff – and a vending machine full of books, packs of pens, pencils and glitter pens.

"For the first time, in a very long time, the children of Penrhys are now going home with their own weekly reading bag, reading record and reading book," said Andrew. "The parents are over the moon and the children look so proud taking their books home."

Each week, one child from each class is also named Reader of the Week and given a golden coin which they can use to 'buy' a book from the vending machine.

"They simply press the numbers of the reading book that they like and it drops down and is theirs to keep," said Andrew. "They absolutely love it."

For children, who may live in homes with no books or with parents who cannot read, Andrew believes it will help to open their eyes to the world that exists beyond their estate.



'A trip to a bowling alley might be a typical outing for a child from a more affluent home, but, to our children, it is like giving them the world'
- headteacher
ANDREW WILLIAMS



<< the estate it is difficult to imagine that there are people living there," said Andrew.

There is a park for local children, but it is in a dilapidated state. Most families never leave the estate, even at the weekends.

But despite living in one of the poorest communities in Wales, the people are proud of their community.

The church, which runs a café, food and furniture bank, community centre and homework club, is the focal point for many.

"It is the hub of our community," said Andrew, who became headteacher at Penrhys Primary in September 2022.

Neil Thomas, who has lived in Penrhys for about 20 years, is a volunteer co-ordinator at the church.

He said outsiders, who criticised Penrhys, had often never been to the area.

"They don't know our stories, our history and how closely we work together," he said. "They might not understand why Penrhys is important to us, but you really would struggle to find a more caring and supportive community."



Children's love of reading has improved so much, says Tracey

Headteacher records a real success story

MOST QR codes lead to websites But the codes, accessed by pupils at St John's Primary School in Newcastle, have been leading them to magical places where their imaginations can run wild.

Headteacher Tracey Caffrey introduced the idea of staff recording stories for the children a few years ago – and the long-term impact has been astounding.

“The biggest improvement we can measure is in their love of reading,” she said. “Their vocabulary, oracy, sentence structure and creative writing have all improved.”

The initiative was launched about three years ago with INEOS' help.

INEOS' Forgotten 40 funding allowed the school to buy every child a new book every term.

“All of them now have a little collection of books that are perfect for bedtime,” said Tracey. “They not only cherish their growing home library, but parents tell us that the books are well-read, again and again.”

Inside the cover of each book is a QR code which the children can scan – if they want to – to hear a member of staff read the story to

them. “They no longer want to just play video games before they go to bed,” said one parent. “They want to listen to the stories.”

Rahim Saqib is 5 and in reception at St John's.

His father, Haji, thinks it is a wonderful idea. “Most of the time I will listen to the story with him,” he said. “But he knows that if I am busy, he can just scan the code and listen himself.”

Other parents say that it has helped to get their children to sleep. “They definitely fall asleep earlier and are less crabby in the morning, as a result,” said one.

The stories are recorded by school staff once the children have gone home.

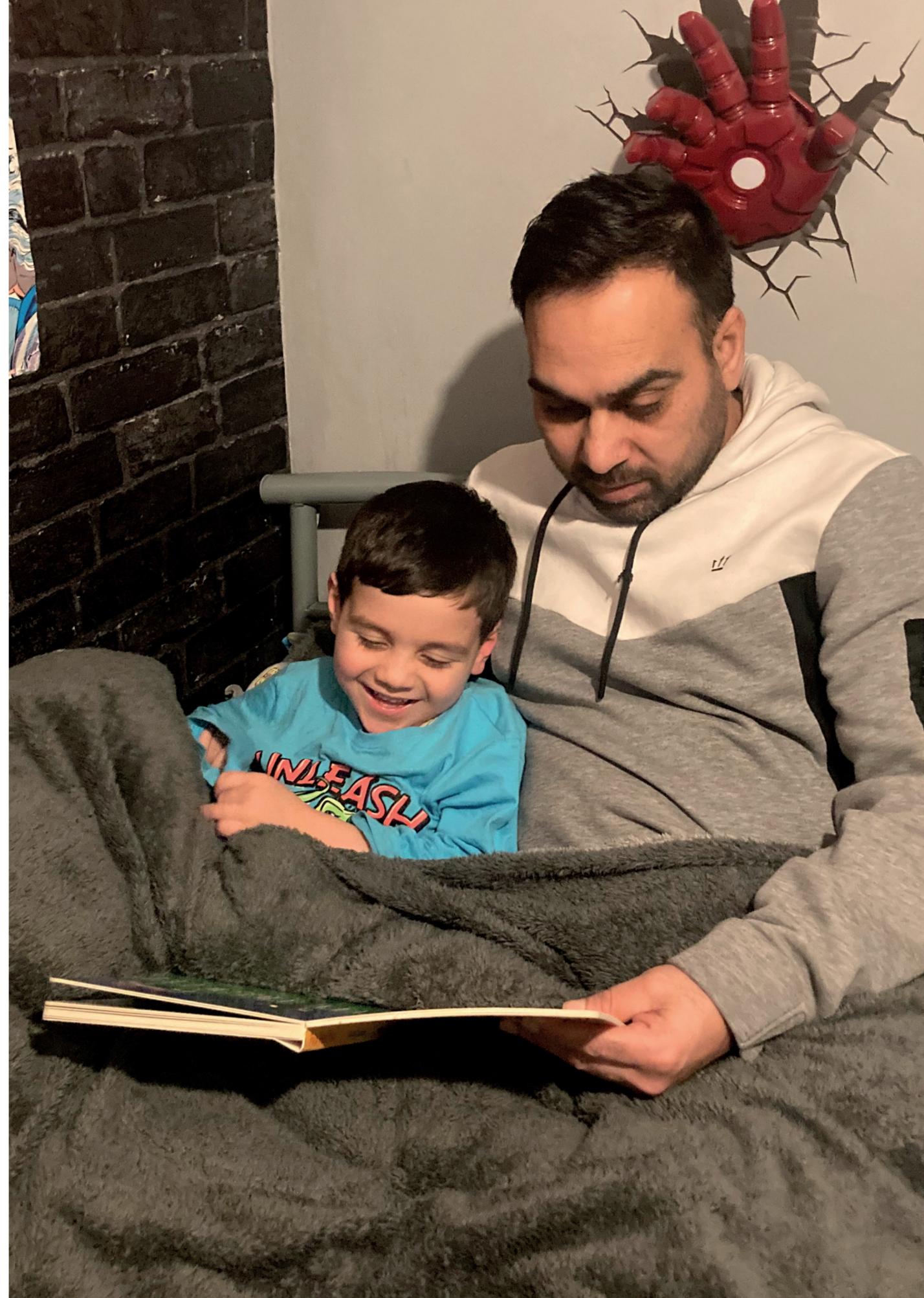
“That's the only time it is quiet,” said Tracey.

Children who have benefited most from the initiative are those whose families speak English as an additional language or who struggle with reading.

“Sending books home in the traditional way can cause stress to some families who want to support their child, but might find it hard,” she said. “Taking away that barrier means storytime can be a lovely family time.”

Each child now has a collection of books at home by authors such as Neal Layton, Tom Percival and Kate Messner.

“Before we had a number of children who



told us that they didn't have any books of their own at home,” said Tracey.

The new books are dished out every term. “There's always a real buzz in school because children are excited to know what the new book is and they are always keen to invite their parents in to hear the class teacher read it,” she said.

School's mini supermarket sells cut-price goods for all

Treat in store for families in need



"I have overheard lots of people saying how grateful they are. The cost of living crisis has affected everyone, so we are happy to be able to take some of the pressure off our families"
- family support worker
TRACY ANDERSON

A SCHOOL has opened its own mini supermarket to help families struggling to cope with the rising cost of living.

Bede Community Primary is now selling food, toiletries and other essentials four times a week from a portable cabin in the school grounds.

And true to its name, the shop is open to the entire community, not just parents whose children attend the school.

"I just don't have the heart to turn needy people away," said headteacher Nick Anderson. "And this way more people can get help."

The school currently sources its food and household items from In Kind Direct, a UK charity which distributes consumer products, donated by companies, to charitable organisations.

"We believe everyone deserves access to life's essentials," said a spokesman for the charity, which was founded in 1996 by King Charles.

The charity can provide everything from food and toothpaste, to pens, clothing, shoes and sports gear.

And the school is taking advantage of that by also stocking popular children's toys, such as Lego, and cycling helmets.

Bede Community Primary in Gateshead invested £6,000 of its INEOS Forgotten 40 funding in



the shop. It also used a £1,950 grant from Gateshead Council.

One of the biggest headaches was securing planning permission for the cabin to be sited in the school playground.

"The bureaucracy was a nightmare," said Nick, whose business manager was asked to commission scaled drawings.

The shop opened for the first time after the February half-term.

"It went down a storm," said Nick. "Our prices are rock bottom and our community is hugely impressed. INEOS is amazing."

Tracy Anderson, the school's family support worker, will be regularly manning the shop with teaching assistants.

She will also ensure the shelves are well stocked so that families – and the wider community – can always find what they need. All items will be sold at cost, allowing the school to buy them again and again.



Children step out of their comfort zone to enjoy lessons

Pupils prove a point about ballet

BALLET is often perceived as an art for the privileged. Pirouettes and poverty simply don't mix.

But children at a school in Bootle, Liverpool, are doing their best to shatter that illusion.

Thanks to INEOS' Forgotten 40 funding, some of the pupils are now on the cusp of passing their grade 2 ballet exam with The Royal Academy of Dance, one of the most influential dance education and training organisations in the world.

"Their exams set standards in classical ballet," said headteacher Rachael Rimmer.

Every week Sara Ashley from LEAP Dance and Gymnastics runs classes in the school hall at Thomas Gray Primary – and helps to expose the children to the joys and physical and mental benefits of ballet.

"They really look forward to learning new techniques and are growing in confidence," said Rachael.

Ballet requires discipline and focus, but it also improves posture and develops self-esteem, strength, stamina, coordination and balance.

"It has so many benefits and, especially when done over a longer period of time, can correct and sustain good posture as children's young bodies grow, which, in turn, can

prevent future health issues," she said. It also improves fitness.

In the past, pupils at Thomas Gray missed out because there were no suitable ballet classes in their neighbourhood.

"Our families very much only access activities in places where they feel safe and confident and most parents do not have a car so they have to rely on public transport," said Rachael.

Cost was also an issue.

To open doors to these new opportunities, the school decided to invest some of its INEOS funding in ballet lessons, leotards and ballet shoes. And although INEOS – and Sport England – pay for the bulk of the lessons, parents are keen to contribute too. "It may only be £1 a week but they are too proud to take something for free," she said.

A few months ago, the children were given another opportunity when they graced the stage to show off their newly-acquired skills and dances to their own parents.

The children also performed at a lunch for older people at St Leonard's Church in Bootle.

The hope now is to escort the school's budding ballerinas to the Liverpool Empire Theatre to watch a performance of either Swan Lake or The Nutcracker.

"Both are so magical, not to mention inspiring," said Sara, who qualified as an RAD ballet teacher at 18.



PICTURES: LUKE ALDRED



'INEOS pays the most but parents are keen to contribute too. It may only be £1 a week but they are too proud to take something for free'
- headteacher
RACHAEL RIMMER



Basketball raises resilience

MORE than a quarter of children in Hartlepool are living in poverty.

And the problem is getting worse.

But David Turner, headteacher at the town's Rift House Primary School, wants his pupils to rise above the debilitating effects of poverty – and discover what their lives could be like.

And he's been achieving that by giving the children the chance to shine in a host of after-school clubs.

"Extending the school day with a range of enriching activities has been one of our biggest targets because if we want to find hidden talents in our amazing children, these enrichment opportunities are vital in helping us to do that," he said.

After-school clubs at Rift House now cover music, photography, drama, science, technology and engineering.

But it's in basketball where the children have really hit new heights, thanks in part to funding from INEOS' Forgotten 40 initiative.

Operations manager Liz Bateman said the school chose to spend some of its Forgotten 40 money on an after-school club run by Hartlepool Huskies, the local basketball team.

The older children loved the sessions so much that the school formed its very own basketball team, which has been enjoying a winning streak ever since.

"Not only did we win our local cluster tournament, but we won the town-wide tournament too," said Liz.

What the children have also discovered, is that, to win, they must work hard as a team and share a common goal.

"We worked really hard on our teamwork and resilience even when we were behind in the final game," said Bethany xx, a year 5 pupil and member of the basketball team.

"We were so relieved when the final whistle went."

The school has also been focused on bringing learning to life by using Forgotten 40 funding to help pay for residential to York and The Lake District – and trips to the cinema, theatre and nature reserves.

"As well as providing children with first-hand experiences, which has resulted in greater understanding of learning within our curriculum, there has also been a real positive impact on attendance," said Liz.



Headteacher works with commission that aims to help city's poorest

The bridge between hope and despair

WORK has been going on behind the scenes for almost 10 years to understand the struggles faced by those living in poverty in Salford.

And through that understanding, changes have been made.

It has led to Salford City Council introducing a raft of measures, from changing the way it chases debt to organising coffee mornings so that people can talk to a specialist debt advisor about any financial worries.

"The changes may seem small, but their impact has been wide-ranging," said Jane Tyers, headteacher at St George's Primary in Salford.

Today, there are two poverty truth commissions working hard for the city, which is on the outskirts of Manchester.

Each one is made up of 30 people. Fifteen have experience of poverty. The rest are in a position to help them.

Jane, whose school is part of INEOS' Forgotten 40 initiative, is a public commissioner on the second commission, which was established last summer.

"I now have a much better understanding of the community and a better understanding of need," she said. "I no longer assume what

people may need, but look to work with families to find solutions."

Jane may be a newcomer to the commission, but she has worked in Salford for 35 years.

Over the past 10 years, she has witnessed dramatic changes which have put pressure on housing and school places.

When MediaCity opened, thousands of jobs were created. But as more and more people moved into the area, the demand for housing went up – and so did the rents.

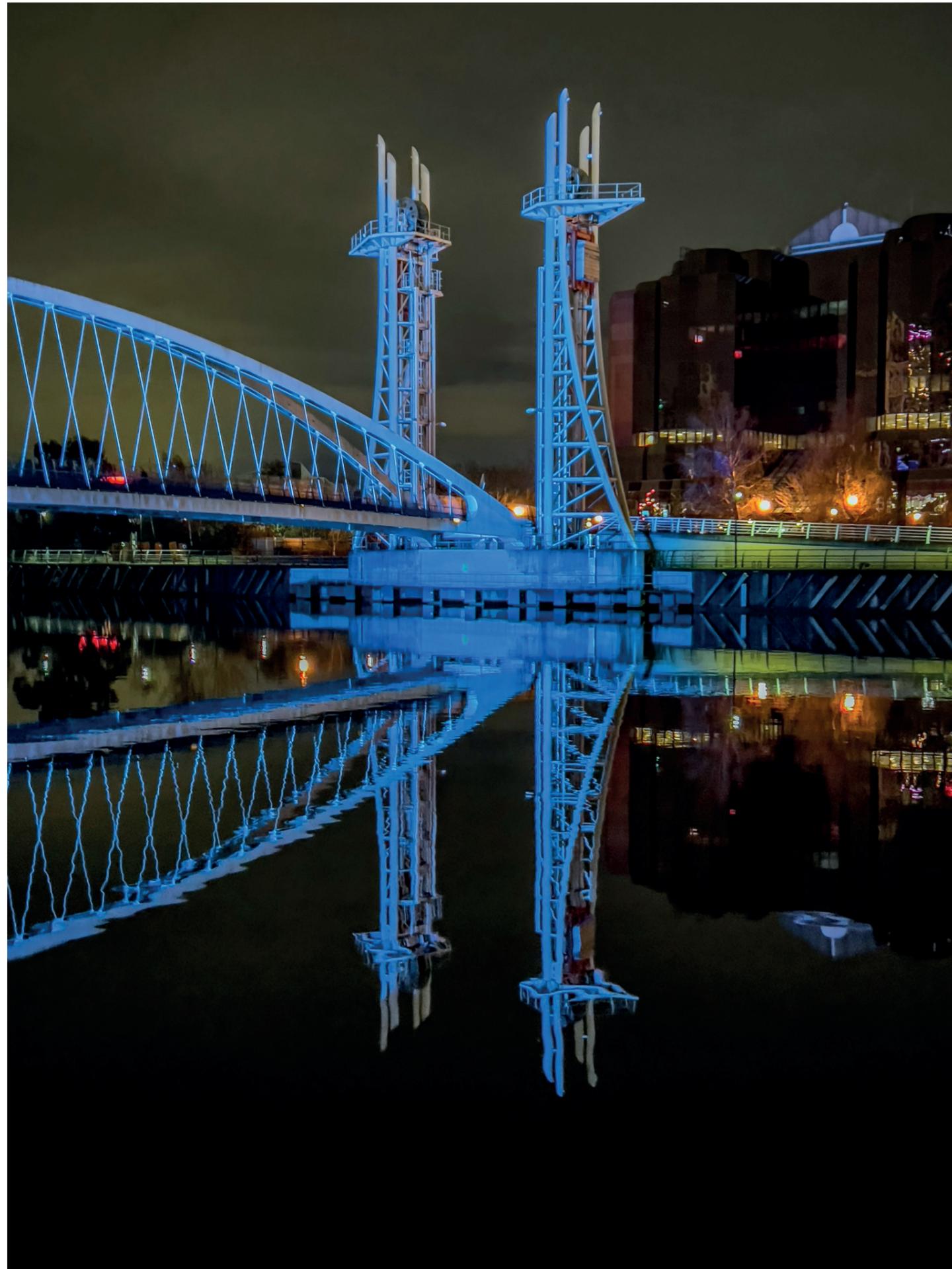
For poorer families, that meant private homes became unaffordable, and with council homes in short supply, it has become a real worry.

"One of our parents has been given notice to leave her property because it is being sold," said Jane. "She has no savings and is a single parent. She cannot afford the deposit or the increased rent on a new property."

The young mum is now living with her own mother while she waits for a suitable council home.

But her situation has left her feeling withdrawn and isolated.

"She feels a failure and that is affecting her children and their attendance at school," said Jane. "If she does manage to eventually get a council property, it may not even be in the local area so her children could end up at a different school."



Action group calls for ambitious thinking

A CAMPAIGNING charity is calling on the government to urgently tackle child poverty, which now affects 4.2 million children in the UK.

Child Poverty Action Group says increasing child benefit, expanding free school meals, abolishing the two-child limit and scrapping the benefit cap would immediately lift one million children out of poverty.

"This is the ambition we need to see from the government," said chief executive Alison Garnham. "Making sure every child gets a good start in life is the right thing to do and the smartest investment we can make as a country."

It is believed that 69% of poor children now live in working families.

"These children are growing up in cold, damp homes, with not enough food to eat, and unable to take part in the day-to-day activities that should be part of every childhood," she said.

Reports, published by the action group, are regularly used by the Forgotten 40 team to remind headteachers of the extent of poverty in the UK.

On May 23, Kate Anstey, a research lead from the action group, will join headteachers at the annual Forgotten 40 conference in London, hosted by INEOS.

"Having Kate at our annual conference will give us the chance to further understand some of the issues our families face," said Laura Courtney, Group Communications Manager for INEOS' charities.

"There's also a growing awareness that we all must work together to understand what causes poverty, and the impact it has on children's lives, and how it can be prevented and solved – for good."

The action group was founded in 1965 in response to growing concern among social workers and social researchers about the extent of poverty they perceived in Britain, contrary to the widespread belief that it had largely been eliminated in the post-war welfare state.

Since then it has been helping to influence government policy and training and advising hard-up families so they can get the financial support they need.

Study found lack of sleep affects children's developing brains

Sleep is the key to a healthy attitude

'The solution sounds simple. But it assumes there is a quiet place to sleep and good food on the table and that is beyond the reach of so many of our families struggling on every front' - Elaine Wyllie, member of INEOS' Forgotten 40 team

THE importance of a good night's sleep is well known and well documented.

But researchers have discovered that too little actually adversely affects a young child's developing brain – and it's the part that helps them to deal with their emotions.

The scientific findings were detailed in a report from Colorado State University, which studied the lives of 94 children, aged between five and nine, from differing backgrounds.

Academics used MRI scans to measure each child's brain structure and found that those who had less sleep had thinner regions of the brain linked to language, sensory perception and the processing of emotions such as fear and anxiety.

"This may possibly explain why reduced sleep leads to greater susceptibility to negative emotions," said Dr Emily Merz, an assistant professor who led the study.

Sadly they found that those from poorer homes were more likely to be sleep deprived.

"It could be due to increased unpredictability in their lives, such as changes in household composition, periods of parental unemployment or housing instability," she said. "It could also be due to lower quality sleeping environments such as noisy sleeping areas."

But she said those damaging effects of lack of sleep could be reversed if families introduced routines in the mornings and evenings, such as strict bedtimes and set mealtimes.

Retired headteacher Elaine Wyllie, who is a member of INEOS' Forgotten 40 team, said that was easier said than done.

"The solution sounds simple," she said. "But it assumes there is a quiet place to sleep and good food on the table and that is beyond the reach of so many of our families struggling on every front."

She said the research was shocking, but not surprising.

"Children's bodies and brains develop together," she said.

"That's why physical activity and diet and routines are so important in childhood and why we talk about whole child development. Healthy body healthy mind is a mantra for a reason."

She and other members of the Forgotten 40 team said primary school headteachers involved in the UK-based project would be interested in the research.

Some headteachers were recently praised by child sleep expert Andrea Grace for using Forgotten 40 funds to buy beds for children so they could get a decent night's sleep.

"Making sure that a child gets enough sleep will keep them healthier, happier and give them a head start with their learning in school," she said.

Dr Merz hopes the US research could help to shape policy and programmes that support American children getting enough sleep when they are very young.

"Childhood is a sensitive period in development when environmental experiences can have powerful and lasting influences on the brain," she said.

"Our work suggests that anti-poverty policies that support families have the potential to change the trajectory of children's lives."

Solution may pose difficulty for some

SLEEP expert Andrea Grace has been helping children to get a good night's sleep for the past 26 years.

The registered mental health nurse says the symptoms of ADHD and sleep deprivation are virtually identical.

"If a child can be helped to get enough sleep, these symptoms often very quickly disappear," she said. "Good sleep really is the key to solving so many problems."

She said five-year-olds should be sleeping for about 11 hours a night with an 11-year-old needing about nine hours' sleep.

INEOS' Forgotten 40 team says for some families, that is not possible.

"We know that some families are now living in one room with children sleeping on mattresses on the floor," said Brian Padgett, a retired headteacher.

He and his wife Sheila, also a retired headteacher, said they knew from experience that children from disadvantaged backgrounds were much more likely to have largely unrestricted access to electronic devices at night.

"We found this access to social media, amounted to several hours each day and more at weekends," he said.

That led to a proportion of disadvantaged children with unusual sleep patterns, such as sleeping into the afternoon at weekends or waking in the night to use gaming sites.

"This must be a disaster for children's sleep patterns," said Brian.

Earlier this year, Ofcom revealed that 93% of children, aged five to seven, used video sharing platforms, such as YouTube and TikTok, and 38% played games online.



Deputy Leader of Labour Party
attended Forgotten 40 school

Angela's message to all children

IT was the beginning of a year-long bitter dispute that would end in defeat for the miners.

It was also the year that Angela Rayner, now deputy leader of the Labour Party, started school – and saw a book for the very first time.

She has never forgotten those early days at Bridge Hall Primary School in Stockport – and how her working class roots have helped to shape her views today.

“Looking back, I was poor,” she said. “But I didn’t really see myself as poor. We didn’t have as much money as others, but that didn’t mean I didn’t deserve to have the same chances as them.”

It is a story she often shares with pupils, who are growing up in poor neighbourhoods. “I want to inspire the next generation of Angela Rayners to come in and be the scientists and MPs and world leaders, because they deserve to be,” she said.

“Every child, no matter where they are in the UK, or from whatever background, has an absolute right to do the best they possibly can.”

Bridge Hall Primary serves one of the poorest parts of Stockport. More than half of the 201 pupils are entitled to free school meals.

The school also receives Forgotten 40 funding from INEOS.

A few years ago, Angela spoke to the young children about the importance of having aspirations and believing in yourself.

“I wasn’t here at the time, but I understand it was a very inspiring visit,” said headteacher Alex Jamieson.

Angela and her two siblings lived on a



‘I want to inspire the next generation of Angela Rayners to be the scientists, MPs and world leaders because they deserve to be’

**- Deputy Leader of the Labour Party
ANGELA RAYNER**



Share your story

If you would like to share a successful, completed Forgotten 40 initiative from your school and see it in the next edition of the magazine, please email Sue Briggs-Harris at briggsharris@live.co.uk or email your INEOS contact.

council estate, within walking distance of the school gates.

Their mum and dad didn’t work. Their mum, who had bipolar disorder, could not read or write.

Angela said she often went to school, not having eaten breakfast.

It is one of the reasons why she is so passionate about introducing free breakfast for all if Labour wins this year’s general election.

As her mum’s mental health began to suffer, she became her full-time carer at 10.

“She’d cry a lot and wouldn’t get out of bed,” she said.

At 16, Angela left school with no qualifications after becoming pregnant and being told by her dad that her life was ‘effectively over’.

It was difficult, but her grandmother, who had three jobs, offered to look after her son Ryan so that she could work as a home help in the evenings.

It was an opportunity that Angela seized.

After a spell at college, she took a job with Stockport Council, providing one-to-one care for elderly people in their own homes.

Her colleagues liked her no-nonsense attitude and chose her as their union representative.

She rose through the ranks of the trade union movement with her direct experience of low pay, long hours and zero hours contracts, to become the most senior elected official of UNISON in the North West of England.

In 2015, she became the first woman MP in the 180-year history of her Ashton-under-Lyne constituency and five years later was elected as Deputy Leader of the Labour Party.



The Daily Mile



What is The Daily Mile?

The Daily Mile was first developed by Elaine Wyllie MBE when she was Headteacher of St Ninian's Primary School in Stirling, in February 2012. Since 2016, The Daily Mile has grown globally helping millions of children to get active every day.

The aim of The Daily Mile is to improve the physical, social, emotional and mental health, and wellbeing of our children - regardless of age, ability or personal circumstances. Children are encouraged to run, wheel or walk outside for 15-minutes every day, at whatever pace suits the child best.

20,000+ Schools & Early Years Settings | 5+ Million Children | 96 Countries

The initiative is a profoundly simple but effective concept, which any school can implement completely free of charge and without the need for staff training or equipment. Its impact can be transformational - improving not only the children's fitness, but also their attainment, mood, behaviour and general wellbeing. The Daily Mile is not sport or PE, but health and wellbeing through daily physical activity.

Features & Benefits of The Daily Mile



CORE PRINCIPLES



QUICK
15 minutes in class
time at least
3 x a week



FUN
Run, wheel or
walk outdoors
together



INCLUSIVE
Whole Child,
Every Child,
Free



Find out more at thedailymile.co.uk or scan the QR code

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