

The Ultimate School Contender



Background

Schools and education policy-makers have been seeking to influence the attitudes and behaviour of young people towards education and society. Social landlords and criminal justice agencies have more recently become involved in these activities, and 'community cohesion' has emerged as a strand of policy and practice promoted by the Home Office and other Government departments.

Against this backdrop a number of projects have been developed by education, criminal justice, housing, youth work and voluntary agencies with a view to challenging and changing the attitudes and behaviour in young people. The effectiveness of these projects has rarely been assessed, least of all from the perspective of the young people themselves.

Positive Mental Attitude • Increased Attainment • Increased Attendance • Improved Behaviour • Improved Tolerance of others • Improved Health

The Ultimate School Contender aims to 'Promote and Improve – Positive Attitudes, Behaviour, Attendance, Tolerance of others and a Healthy Life style of Young People in School.'

AIMS:

1. To develop a new model for the delivery of Improved Attitude, Behaviour and Attendance for children and young people who may be disaffected or at risk of discrimination.
2. To develop 'Centres of Excellence for Inclusion for Behaviour and Attendance.'
3. To develop and promote a PMA (Positive Mental Attitude) in order to change negative attitudes towards education, behaviour and attendance.
4. To negate hostile and unfriendly behaviour.
5. To instill respect for themselves, respect for others and respect for society.

How Do We Do This?

1. We have developed inclusion initiatives with partner agencies including statutory and voluntary organizations.
2. We encourage students to take responsibility for their education, helping to create the structure of the classroom, including helping to establish rules and academic program.
3. We encourage Healthy Eating through a daily balanced food intake which is nutritional with and will promote a Healthy Life Style.

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At the heart of the project is, some might say bizarrely, a unique form of boxing called 'Boxercise', a non-contact form of the sport that involves exercise, discipline and motivational messages. But the success of the sessions speaks for itself with disaffected boys and girls turning their attitudes around since they started and gaining the support of parents, Head Teachers and MPs.



Working with the:

- Reducing exclusion units in schools
- Reducing pupil referral units,
- Surrey Alternative Learning Programme (SALP)
- Police and Probation Service to help with permanent exclusions and the prevention of anti-social behaviour

We are working to instil a sense of good citizenship through sport and exercise the physical catalysts behind creating strong mental approach and positive passion.

With a unique partnership between schools, local groups and national funding we can ultimately see youngsters across the UK set out on identifying and achieving individual goals whilst gaining a strong sense for a positive future within a wider community.

Ollie Wilson, founder of The Ultimate Contender, has also worked with the Jubilee High School Family of eight Primary and Junior Schools working with over 18,500 pupils during the Spring and Summer terms.

This programme has proved so successful with the outcomes that the BLF (Big Lottery Fund) has asked the team to deliver the programme to all of the 60 schools in the Epsom and Ewell Partnership. Working with the Metropolitan Police, a training programme and support pack has been produced and approved by ABAE (Amateur Boxing Association, England) PCCGB (The Police Community Boxing Association of Great Britain) and ASDAN (Award Scheme Development and Accreditation Network) which will be promoted throughout the Partnership. Through the ASDAN scheme, young leaders will be created to help deliver the programme.



"Living on the estate I was surrounded by bad influences. Many of the young people had similarly tough backgrounds and I was encouraged to participate in petty crime and violence – but did not. This was due to the discipline of my boxing training and my own ambition to succeed that kept me out of trouble. I won my first British title at 18 years old.

At the end of my amateur career my record was 44 fights, 38 wins (18 by first round knockout) and 6 losses. In 1984 I won the Henry Cooper Golden Belt, and in 1985 the South East London and Kent and Sussex champion. I progressed to professional boxing in 1989."

Benefits of the classes include:

- All Inclusive
- Non-Competitive and Non-Contact
- Building self esteem
- Helping children interact better
- Improving strength and flexibility through exercise (Boxercise)
- Enabling weight loss through anaerobic exercise
- Building confidence and enables them to stand up for themselves
- Helping children to set and achieve their own goals
- Turning negative attitudes and lives around
- Creating motivation and determination for success in individuals
- Enhancing current curriculum e.g. physical education, biology
- Building children's confidence in the classroom
- Teaching respect for themselves, for others and for society
- Negating hostile and unfriendly behaviour
- Building teamwork mentality
- Helping special needs children with ADHD – 12 no longer to take the drug Ritlin for their ADHD
- Helping students with Epilepsy

Boxing has changed my life ab
First I was a nobody doing what
nobodys do, have no meaning to my
life but now ive found it and im
going to be a somebody I no what
Ive got to do! Ive been brought up
to not have much but I found everthing
I wanted in boxing!
x Thankyou x
Shannen
— x —

Dear Mr Wilson

Thankyou Mr Wilson for everything you have done for me, teaching me boxing. All the time you have put into this, I really appreciate it. Thankyou for all the time you have committed to teach us boxing. I understand that you did this purely out of kindness and that you did not have to do this. And that it is your spare time and you could be doing something else rather than teaching us boxing. I have now lost a stone, by doing this boxing class. I am thoroughly enjoying boxing at the moment. I am trying to encourage other girls to do boxing. As I myself know that it is really fun. Thankyou for putting your time and soul into this.

CAN I HEAR AN I IN DA HOUSE !!!!!

II IIII IIIIIII!!

from Coral Gagliano

'Children that learn together, learn to live together'

"At Jubilee International High School in Addlestone, a one-time problem school in an under privileged pocket of otherwise well-heeled Surrey, non-contact boxing has been introduced as part of a broader pupil motivation initiativeThis really works," he says, adding that the programme has also had some "major unintended positive effects", helping to get hyperactive students off medication and to make girls more assertive. The school recently passed its first Ofsted report for several years." – FT Weekend Magazine – 7/8th February 2009

The Ultimate School Contender has been running at Jubilee for the last three years and has now submitted to the Guinness Book of Records as the first combined academic and sporting achievement programme.

Testimonial - Denise and Paul Roberts – parents of Nadine Roberts of Jubilee

"Nadine attended a course a few months ago with the Surrey FA to achieve an accredited 'Youth Leadership Camp' award . The course covered refereeing, tournament organisation, working with disabled, and general coaching. Nadine was awarded the certificate. A superb achievement in itself but From the course the FA HQ would award four Surrey candidates a place on the National Leadership Camp. Nadine has received a letter offering her a place on the National Leadership Camp. We are told she won her place with over 1,000 candidates in contention.

And, it gets better. Up to six candidates will be chosen from the National Camp to support the FA in Africa in 2010. This is only open to candidates aged 16-18 and Nadine had only just made the age group, but her experiences in Holland and China will stand her in good stead.

Here is where JIHS (Jubilee International High School) played a very important part in Nadine's education and well being. Her tuition in Sport and Boxing has been significant and vital to her confidence. The opportunities offered to her with the Holland and China trips have given her immense international travel experience, the confidence to deal with 'out of comfort zone' as well as spur on others finding times difficult. She herself will come into her own without our references, but you must applaud yourselves for that.

Thank you for helping to build Nadine!"