



ABERDEEN FC  
COMMUNITY  
TRUST



# Partner Primary Pack



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# Aberdeen FC Community Trust

Since 2014, Aberdeen FC Community Trust (AFCCT) has worked with 125,000 people across the North-East of Scotland to provide support and opportunities to change lives for the better.

AFCCT reaches people of all ages with our work in schools through to support of the active ageing groups.

Our school programming helps to close the poverty-related attainment gap supporting learning in numeracy, literacy, and STEM, as well as raising the aspirations of those we work with.

As Aberdeen Football Club's charity partner, we use the love of football and passion for AFC to inspire and empower, particularly the next generation, to maximise their potential through **two programme themes**.

## 1. Education & Positive Destinations

## 2. Football, Health & Wellbeing

### THE AFCCT VALUES:

#### FAMILY

We are one team, inclusive and supportive, working together as one community.

#### AMBITION

We motivate our community to learn, grow and achieve its goals.

#### FAIR

#### INSPIRE

We empower our community to embrace new possibilities, encouraging growth and creativity.

#### RESPECT

We consistently work to do the right thing with integrity and honesty.



### MORE THAN FOOTBALL

The mission of Aberdeen FC Community Trust (AFCCT) is to provide support and opportunity to change lives for the better.

AFCCT work in partnership with your school to deliver a range of programmes and initiatives for children and young people that support food poverty, mental wellbeing, physical wellbeing, and life, learning & work.

We adopt a person-centered approach, placing each learner at the heart of our programmes, which are diverse, adaptable and engage children and young people in a unique way.

AFCCT are committed to **Getting it right for every child (GIRFEC)** by providing all children and young people with the support needed to enable them to reach their full potential.

AFCCT use **SHANARRI** indicators to assess, understand and evaluate the wellbeing of a child or young person within our programmes, allowing the child's experience to be monitored using the 8 wellbeing indicators; **Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, Included**. We understand that wellbeing is influenced by children's individual experiences and changing needs as they grow and recognise that each child is unique.

We look to promote, support and safeguard children and young people's wellbeing through our education programmes using these methods.

### OUR PROGRAMMES ADDRESS:



### OUR OUTCOMES:

Increased school attendance

Inspiring young people to connect with their community

Increased participation & engagement

Improved health & wellbeing

Increased confidence & self esteem

# What is a Partner School?

AFCCT offer a range of programmes that a school can choose from, focusing on improving health and wellbeing, raising attainment, and closing the poverty related attainment gap. AFCCT Education & Community Officers work in partnership with schools to deliver the desired programmes and initiatives through the academic year.

Partner Primary Schools are given the opportunity to develop a bespoke programme timetable that targets the

needs of their school and pupils. AFCCT look to provide a dynamic, flexible and innovative approach to learning for pupils whilst developing their individual soft skills and encouraging a positive attitude towards their wellbeing.

Integrated as part of your school community, our Education & Community Officers build a bridge of trust with young people and empower them, developing skills for life, learning and work.

## ALIGNED WITH THE CURRICULUM FOR EXCELLENCE TO DEVELOP THE FOUR CAPACITIES:



SUCCESSFUL LEARNERS



CONFIDENT INDIVIDUALS



RESPONSIBLE CITIZENS



EFFECTIVE CONTRIBUTORS

## ADDITIONAL BENEFITS:



AFC TICKETS



YOUNG ACHIEVER AWARD



AFC & AFCCT PARTNER SCHOOL COMPETITIONS



WIDER ENGAGEMENT THROUGH AFCCT PARTNERS



RAISE PROFILE OF SCHOOL VIA AFC & AFCCT MEDIA CHANNELS



AFCCT EVENTS



EXTRA-CURRICULAR OPPORTUNITIES



ACCESS TO ADDITIONAL FUNDED PROGRAMMES



MATCHDAY EXPERIENCES

# Programmes List

AFCCT have developed core curriculums for each of our Primary Programmes, which link to the experiences & outcomes within the Curriculum for Excellence.

Our Partner Primary initiative is well positioned to support schools across the region, providing a positive impact on individual pupils and linking in with the Curriculum for Excellence and the Scottish Government's Mental Health Strategy to take an early intervention and preventative approach in both age and stage.



## FULL LIST OF AFCCT PRIMARY PROGRAMMES:

### HEALTH & WELLBEING

RedStart  
MINDSET  
Better Playground Play  
AFCCT Sports Leaders  
Focus Groups

### TECHNOLOGIES: STEM

Digital Dons

### EXTRA-CURRICULAR

Breakfast Club  
Footy Tea  
AFCCT After School Club

# RedStart

## TARGET AGE:

Suitable for P1 - P7; full class or small groups

## DURATION:

30 minutes minimum

## OVERVIEW:

The aim of RedStart is to **educate** pupils on the importance of health and wellbeing through the use of football and sport, while **encouraging** them to take part in regular sport and physical activity.

Physical activity with integrated health and wellbeing messages will be delivered in two ways:

**Educate:** different lesson objectives in each session covering different parts of health and wellbeing

**Encourage:** signpost pupils to extra-curricular opportunities with AFCCT as well as local football teams, & community sporting opportunities

## CURRICULUM FOR EXCELLENCE OUTCOMES:

(EARLY, FIRST & SECOND LEVELS)

### Literacy & English

Listening & Talking

### Health & Wellbeing

Mental, emotional, social & physical wellbeing

Planning for choices & changes

Physical education, physical activity & sport

Food & health

Relationships, sexual health & parenthood





# MINDSET

## TARGET AGE:

Suitable for **P5 - P7**; full class or small groups

## DURATION:

45 minutes minimum

## OVERVIEW:

AFCCT are committed to supporting the mental wellbeing of young people within our Partner Schools. Through our MINDSET programme designed for P5-7s, we take a proactive, preventative and practical approach to mental health.

MINDSET is fun, engaging, and highly participative, using interactive activities to equip young people with essential skills and strategies to navigate everyday challenges. Each session within the curriculum focuses on a central theme, known as the 'Winning Word', which shapes the session's learning objectives and content.

By focusing on promoting positive mental wellbeing, the programme encourages open conversations, raises awareness, and breaks down stigma, making mental health discussions commonplace in the classroom.

**“Some of the pupils have a better mindset and feel less defeated when they get something wrong since going through MINDSET.”**

Primary Teacher

## CURRICULUM FOR EXCELLENCE OUTCOMES:

(SECOND LEVEL)

### Literacy & English

Listening & Talking

### Health & Wellbeing

Mental, emotional, social & physical wellbeing

Planning for choices & changes

Physical education, physical activity & sport

Relationships, sexual health & parenthood



# Better Playground Play

## TARGET AGE:

Suitable for **P4 – P7**, small focus groups

## DURATION:

45 minutes minimum

## OVERVIEW:

The Better Playground Play curriculum aims to develop the social and personal development and wellbeing of pupils within our Partner Schools. The programme is delivered through physical activity and classroom-based sessions, focusing on building resilience, respect and tolerance.

The programme focuses on supporting playground conflict and behaviour during football matches and playground games. AFCCT deliver an educational programme using football as the hook to engage pupils whilst developing key skills which they can use within and outwith school.

**Adaptable:** The Better Playground Play Curriculum provides content and material to form sessions but can be delivered adapted for various age groups and abilities.

**Inclusive:** The activities are created to include all and can be tailored to the group coaches work with (Behaviour, Confidence, Boys, Girls.)



## CURRICULUM FOR EXCELLENCE OUTCOMES:

(FIRST & SECOND LEVELS)

### Literacy & English

Listening & Talking

### Health & Wellbeing

Mental, emotional, social & physical wellbeing

Planning for choices & changes

Physical education, physical activity & sport

Relationships, sexual health & parenthood

**“The sessions with AFCCT have been fantastic; the children have loved getting to try out different activities and have been working hard on their active listening skills. AFCCT coaches work well with the staff to reinforce behaviour expectations to provide a seamless experience for the children. As seen from improvements in wellbeing indicators. these sessions are helping to include more children and develop their sense of community.”**

Primary Teacher

# AFCCT Sports Leaders

## TARGET AGE:

Suitable for P5 - P7; full class or small groups

## DURATION:

45 minutes minimum

## OVERVIEW:

The AFCCT Sports Leaders programme provides pupils the opportunity to develop their leadership skills and knowledge, giving them the confidence to lead an activity, a tournament and/or an event.

Throughout the programme, the pupils will work on their communication and organisational skills, while also thinking about what space and equipment to use. Pupils will assess their performance through peer reviews and the coach will provide feedback to the pupils.

This programme encourages the pupils to communicate with confidence and value their own skills. Upon completion of the programme, your Education & Community Officer will work with the group and decide if they would like to lead sessions to a group, and/or to organise a tournament or event for their school.

**“I think it is a step in the right direction to ensuring there is some sense of order on the pitch and the reps are taking their duties very seriously.”**

Class Teacher

## CURRICULUM FOR EXCELLENCE OUTCOMES: (SECOND LEVEL)

### Literacy & English

Listening & Talking

### Health & Wellbeing

Mental, emotional, social & physical wellbeing

Planning for choices & changes

Physical education, physical activity & sport

Relationships, sexual health & parenthood



# Focus Groups

## TARGET AGE:

Suitable for P1 - P7; individuals & small groups

## DURATION:

30 minutes minimum

## OVERVIEW:

Our AFCCT Education & Community Officers can work with individuals and small groups, developing a range of soft skills based on the individual needs of the pupils. Each group is identified and formed alongside school staff to ensure the dynamics of the group supports both individual and peer development.

## THE GROUPS CAN TARGET:

Confidence

Leadership

Communication

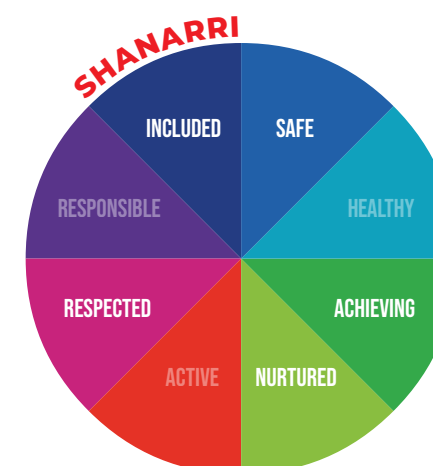
Resilience

Self esteem

Interpersonal skills

Teamwork

Respect



## CURRICULUM FOR EXCELLENCE OUTCOMES: (EARLY, FIRST & SECOND LEVELS)

### Literacy & English

Listening & Talking

Reading

### Health and Wellbeing

Planning for choices & changes

Mental, emotional, social & physical wellbeing

Planning for choices & changes

Relationships, sexual health & parenthood

**“The focus groups have helped develop her confidence, and you can see a difference when she comes back into class with improved listening skills and focus to classwork”**

Class Teacher





# Digital Dons

**TARGET AGE:**

Suitable for **P5 - P7**; small groups

**DURATION:**

60 minutes minimum

**OVERVIEW:**

Digital Dons focuses on some of the key fundamentals that make up S.T.E.M (Science, Technology, Engineering and Maths) The programme introduces pupils to our Sphero robots and teaches them about coding technology, as well as receiving an insight to the world of sports science and shares with them the experiences of careers with S.T.E.M. as a key fundamental.

The programme provides a practical learning experience for small groups of pupils to ensure they get an immersive experience around S.T.E.M through problem solving challenges and real-life scenarios to develop their learning of the key fundamentals.



**CURRICULUM FOR EXCELLENCE OUTCOMES:**

(FIRST & SECOND LEVELS)

**Technology**

Computing Science

**Health and Wellbeing**

Mental, emotional, social & physical wellbeing

Physical education, physical activity & sport

**Science**

Biological systems

**“Digital Dons has provided our schools the opportunity to enable our pupils to engage in a new learning opportunity & understand what jobs may be available within football using STEM fundamentals.”**

Primary Teacher



# Extra-curricular Programmes

**TARGET AGE:**

Suitable for **P1 - P7**; small groups

**DURATION:**

60 minutes minimum

**OVERVIEW:**

AFCCT provide a range of extra-curricular opportunities to enhance the school day for pupils. These programmes allow us to remove the potential barriers faced by families within our community and have a targeted approach to providing support with access to extra-curricular opportunities. The programmes focus on encouraging physical and mental wellbeing of participants as well as looking to support the food poverty attainment by providing a nutritious meal / snack to participants.

**Breakfast Club**

Physical activity and a breakfast snack providing the pupils with a positive start to the day

**FootyTea**

Physical activity and an afterschool snack

**AFCCT Afterschool Club**

Multi-sport, football and/or family engagement activities

**CURRICULUM FOR EXCELLENCE OUTCOMES:**

(EARLY, FIRST & SECOND LEVELS)

**Health and Wellbeing**

Mental, emotional, social & physical wellbeing

Physical education, physical activity & sport

Food and health





# Evaluation of Programmes

We recognise the importance of sharing the impact of our work with our Partner Schools, utilising various tools using identified and carefully considered evaluation methods for each of our programme outcomes. These methods encourage a holistic view of the work undertaken within schools from everyone involved in the journey of a young person.



## METHODS OF REPORTING:

EVALUATION TOOL	WHY	OUTCOME
Participation	To capture full participation figures for your individual schools, but also to have full participation from all of education for use in school reporting, and end of year AFCCT impact reporting.	Participation
Programme	To capture general information about the session/group and to gather your feedback on the pupils: Engagement, aims of the session, progression of the participants. To also capture the pupils feedback (using selected SHANARRI questions): Enjoyment, inclusion, achieving, safe	Engagement and Wellbeing
SHANARRI	This uses the GIRFEC – 'Getting It Right For Every Child' approach, to allow us to capture the wellbeing of our individual participants.	Wellbeing
Leuven Scale	Allows the teacher to measure the children's / young persons emotional wellbeing and involvement in the classroom setting.	Engagement
Teacher Feedback	To capture general feedback from the teacher on how they feel the sessions are going and if there has been: any benefits/ improvements, and additional support we could provide them	Engagement and Wellbeing
School Intervention	To work with the individual pupils to capture: wellbeing, what is going well, what could improve, setting goals/actions	Wellbeing
Case Study	To capture good news stories which we can use to increase our Partner Schools profile online, and for use in reporting.	Various



# Become a partner Primary school

AFCCT offers a diverse range of courses that vary from school to school, allowing for customisation to address the unique needs of each group of students. By offering the opportunity to choose different programme combinations or individual programmes, this will enable you to curate a specific package that you require.



## GET IN TOUCH:

To find out more, contact us below to arrange a meeting with our Primary Education Team Lead.

**Email:** [education@afccommunitytrust.org](mailto:education@afccommunitytrust.org)

**Call:** 01224 650400



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"Inspiring and empowering, particularly the next generation, through **education** and positive destinations; football, **health** and **wellbeing**."



## **GET IN TOUCH**

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