**PRESS RELEASE**

**National School Sport Week at Home: Mount Carmel backs campaign to ensure no child misses out on sports day**

Mount Carmel is preparing to join the Youth Sport Trust and Sky Sports to help young people and families up and down the country engage in a week of virtual sporting challenges.

With young people set to miss out on their main school sport day this summer, the Youth Sport Trust is taking its annual National School Sport Week campaign beyond the school gates to parents and families - reinvented as National School Sport Week at Home.

Taking place from 20 to 26 June, the UK-wide campaign will give families, communities, schools and sports clubs the chance to capture the enjoyment, competition and camaraderie they have been missing out on during weeks of school closures and social distancing.

With social distancing in place, pupils and staff at Mount Carmel will be taking part in the week by hosting dances, races and skipping challenges.

In previous years National School Sport Week has seen thousands of schools join in a week-long celebration of school sport and Physical Education, and their important role enhancing young people’s wellbeing.

This year, Sky Sports has teamed up with the Youth Sport Trust to supercharge the campaign, helping to inspire families across the country to take part. This builds on a long-term relationship between the broadcaster and charity.

**Youth Sport Trust Chief Executive Ali Oliver said:**

“The Youth Sport Trust is thrilled Mount Carmel is backing National School Sport Week at Home to ensure no child misses out on their school sports day this summer.

“Right now, young people are missing their friends and missing the sense of connection they get through sport. Sport has such a crucial role to play in promoting young people’s wellbeing and this has never been more apparent than it is now. After weeks of isolation we hope that YST National School Sport Week at Home 2020 can help bring families, communities, schools and sports clubs back together.”

Anyone can register to take part and will receive videos and activity cards to help them plan a series of challenges across the week for their families, neighbours, friends or colleagues.

The official hashtag for the campaign is #NSSWtogether

For more information and to sign up to take part in this summer’s National School Sport Week at Home go to: www.youthsporttrust.org/national-school-sport-week-home. For more information and media enquiries around YST National School Sport Week At Home and the Youth Sport Trust, please contact Isabel Dunmore in the press office on 07825065195 or Isabel.dunmore@youthsporttrust.org