

### ***Getting the most out of school: reading, writing, arithmetic and...running?***

With the recent Commonwealth Games in Glasgow, sport and physical activity have had a high profile but what do we know about how this might benefit Glasgow's younger generations? Regular physical activity increases our chances of living a longer, healthier life. For young people, schools can play a vital role, encouraging physical activity and helping to foster positive, lifelong habits. This workshop introduces the GoWell East Schools Study, which began in spring 2013. As well as looking at sport as a way of increasing physical activity, we will consider everyday activities, like walking or cycling to school, and the potential impacts of the digital age on longer-term wellbeing. When it comes to physical activity in schools, what are the key challenges facing pupils, parents and teachers? And how can we overcome them?

### ***Growing up with regeneration***

Policies of regeneration, relocation, and redevelopment have the long-term goal of improving the built environment as well as the health and wellbeing of residents. Children and young people are often highlighted as a target population that may benefit most from these changes. But what of the interim period, where residents are moving out, buildings being demolished, and new services have not yet been introduced? How do young people experience this period? This workshop explores two case study areas - Sighthill and Shawbridge - and examines 15 young people's (aged 11-18) experiences of growing up within regeneration neighbourhoods, and their experiences of being relocated. We are interested in understanding how young people adapt to these changes, and the important roles of family, peers, and schools in the process.

### ***Engaging young people (Seeds for Growth) TEEN Zone Youth Committee & Ardenglen Housing Association***

TEENZone Youth Committee are a group of young people from Castlemilk. TEENZone works with Ardenglen Housing Association to encourage other young people to participate in their community using sports, arts and media as engagement tools. TEENZone and Ardenglen Housing Association will describe their aims and experiences of setting up and sustaining a youth committee. Examples they will draw upon include how they got a football pitch built, how TEENZone Media Productions was set up and what participation in TEENZone has meant for young peoples' participation in their community and transitions into adulthood. The workshop will also look at how they 'hand on the baton' so that today's young people become tomorrow's decision makers and housing association members.

### ***Young people's lived realities of relocation***

This workshop will explore how young people experience and adjust to relocation. It is based on the GoWell *Lived Realities* study – a longitudinal qualitative study exploring how residents (23 households at wave 1) experience living through major change in their neighbourhoods. Although the study was not specifically focussed on children and young people (CYP), we ascertained much information about CYP through learning about the everyday lives of families; their experiences, expectations and aspirations as they lived through major regeneration and were relocated from high-rise flats to different types of housing and neighbourhoods. From three waves of data collection we have longitudinal data on 32 CYP. We focus on two aspects of relocation. First, the ways by which young people are involved in decision-making about relocation, and whether we can say they are empowered by the process; and second, the outcomes of relocation for young people. We will discuss what we mean by outcomes and how, or if, these can be attributed to relocation.