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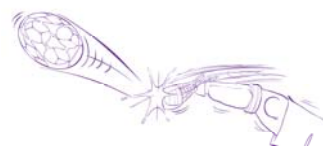
[London 2012 Paralympic Games](#)

## What's on in Kelso during the Easter Holidays

There is a variety of activities happening for young people during the Easter holidays. The activities are to encourage young people to be active during the holiday period, meet new people and try new activities.

The type of activities and sports on offer this year include:

- A **girl's only club**, including dance and cheerleading.
- A multi activity **games club** for P1-4.
- **Sports sessions** for P5-7 including basketball, hockey, tennis, cricket and Judo.
- **Club sessions** including gymnastics, badminton, judo, cricket and tennis delivered by local club coaches.
- **SFA football** programmes including mini kickers, football first and champions league.
- Kelso **Swimming** Pool holiday boot camps and fun disco.



The timetable of activities can be found online on the Active Schools Website or will be available through the schools in the Easter Holiday Brochure. Visit: [What's on Kelso](#) for the full Easter timetable.

## News

### Kelso Girls Enjoy Area Netball

P6/7 girls from Broomlands PS and Edenside PS competed in the Berwickshire area netball tournament late in January. The girls worked hard during after school training clubs ran by Miss Fairbairn at Edenside and Miss Porelli at Broomlands PS. The girls playing against other Berwickshire schools in a round robin competition. The girls were unfortunate and did not make in through to the Netball finals but all the girls played very well and had a great evening.

Well done to Edenside and Broomlands PS girls that took part, also a huge thank you to the teachers that ran the clubs and parents for their support at the evening.

### Champions Encouraging Healthy Eating

Paralympic Silver medallist, Libby Clegg and Ex Gladiator, Shilrey Webb returned to the Kelso area this term to talk to pupils about the importance of healthy eating.



The Champions who are visiting, P6's at Broomlands PS and S1 pupil from Kelso High School, were highlighting the importance of fuelling the body for sports/activity and also for recovery after exercise. The champions explored the different food groups and what a balanced diet involves. The pupils have been asked by their champions to keep a food and exercise diary until the next visit and will then compare their diaries to what a typical Champion's diet includes when they are at the height of performance.



Pupils also received a free goodie bag from the champions which included: a t shirt, water bottle and an athlete's nutrition guide full of exciting recipes.

## Contact Us

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## **Sports Leaders get Active in the Community**

S5 pupils at Kelso High School have been training as Sports Leaders over the course of the school term. The course has taught them how to successfully manage and lead a group of young people through sports sessions. They have been assessed on planning, communication, safety, group management and adapting activities. Now that the block placements in schools are over, they are now out in the community completing 10hrs voluntary work.

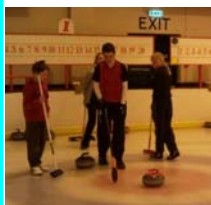
Some sports leaders are working with Active Schools to set up after schools clubs in local primaries. A club for P6 will be starting after the Easter holidays at Kelso High School. Watch out for the information after the holidays.

## **Kelso Pupils take to the Ice for the Borders Bonspiel**



This term P7 pupils from Broomlands, Ednam, Edenside and Morebattle have been learning the sport of curling. Borders Curling Development Officer Jim Buchanan has been working closely with local schools to offer taster sessions, and with Active Schools to increase junior participation at the Monday night junior curling club.

The school teams have been practicing hard to prepare them for the Borders Schools Bonspiel. 10 schools including, Longridge, Newtown, Channelkirk, Earlston, Drumlanrig, Gordon, Ednam, Broomlands, Edenside and Morebattle all competed in the preliminary rounds which took place on Tuesday 16<sup>th</sup> and Wednesday 17<sup>th</sup> March to determine the finalists.



Over 300 children competed during the 2 day heats with senior club members from Kelso High School on hand to help the teams out and give advice throughout the matches.

The 4 teams that will now play in the Finals on Tuesday 23<sup>rd</sup> March at 5pm are: Newtown 1, Morebattle 2, Channelkirk 1 and Edenside 1.

## **YA Updates**

### **Celebrating Olympians from around the world.**



Each month the YA team is celebrating the achievements and success of Olympians and Paralympians from around the world. The YA team are selecting and researching world Olympians and bringing their story to you. They are also highlighting Olympic sports and detailing some facts and history.

This month the YA team are highlighting athletes and sports from the Winter Olympics. To celebrate this month's Olympian visit the [new YA pages](#).....

### **The Winter Olympics come to Kirkhope PS**



During March Kirkhope P1-3 pupils invited the Young Ambassadors to their school to talk about the 2010 Winter Olympics. The class had been working on the Winter Olympics as a class topic and had lots to share with the YAs. The class gave the YAs an active display of the range of sports from the Winter Games. The team then talked to the class all about the Olympic Values and the Winter Paralympic Games which started on 12<sup>th</sup> March. The pupils also had the chance to try on some winter sports equipment and will go on to try indoor curling in the classroom with their teacher.

### **Roxburghshire Paralympic Games**



The YA team have been working hard with Active Schools to help set up a Paralympic festival for pupils in the Roxburghshire area. On March 10<sup>th</sup> a selection of pupils come together at Jedburgh Grammar to take part in a Paralympic experience. Pupils had the opportunity to try some new sports, including Goalball, Curling, Boccia, seated Volleyball and skittles, each session lasted 20minutes and 12 seconds in celebration of the Paralympics coming to London in 2012. The YA team selected 7 pupils that lived one of the Olympic Values throughout the activity sessions and awarded those pupils with a special YA certificate. The values include: Excellence, Respect, Friendship, Courage, Equality, Determination and Inspiration.

## **Up and Coming Events**

All events will be advertised in the [Kelso Events pages](#).

Tuesday 23 <sup>rd</sup> March-	Schools Bonspiel Curling Finals
Thursday 25 <sup>th</sup> March-	Kelso Community Dance Evening
5 <sup>th</sup> April-16 <sup>th</sup> April	Kelso Holiday Programme
Wednesday 26 <sup>th</sup> May	P4 Cricket & Football Festival
Monday 14 <sup>th</sup> June	P7 Interschool Athletics

## **CPD Training courses**

An extensive list of courses is available on the [Active Schools Volunteering pages](#).

### **Scottish Cycle Training Scheme**

Monday 29<sup>th</sup> March , Broomlands PS, 4-6pm

### **Junior Joggers**

Wednesday 31<sup>st</sup>, Earlston High School, 4-6pm

### **BHF Active Club**

Tuesday 20<sup>th</sup> April, Berwickshire HS, 4-6.30pm

### **Cricket NIP**

Wednesday 21<sup>st</sup> April, Broomlands PS, 4-6pm

