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About Active Schools

Active Schools is a national drive from the Scottish Government and exists across Scotland and is managed by Sportscotland. Across the borders there are 9 cluster areas each with a full time primary Coordinator and part time secondary Coordinator. The role of the Coordinators includes:

- Establishing a successful volunteer recruitment and management programme.
- Establishing pathways from Active Schools activities into local community sports clubs and groups
- Supporting current, and developing new, high quality opportunities for school pupils by:
 - Identify gaps and needs to successfully engage children and young people in activities.
 - Develop Extra Curricular program of activities and sport.
 - Holiday Sport Programmes
- Target inactive young people and develop and support activities for them.

Active Schools are currently doing a lot of work within these areas of work and can support schools and clubs in a variety of ways. Find out more about Active schools and how they can support you in the [What is Active Schools pages](#).

News

Kelso Pupils getting on their bikes.



During the Winter term pupils at Ednam & Sprouston have been enjoying a block of cycling activities delivered by Scottish Cycle Development coach Dave Winton. Pupils have been developing their basic skills and have been enjoying some competitive team games to help them stay controlled and get the best out of their cycling.

Edenside pupils have also been out on their bikes this winter term learning how to travel safely on the road. P7 pupils have worked extremely hard to achieve their Scottish Cycle Training Scheme award. Thank you to parent volunteer Angela Martin for her commitment to support the program and well done all Edenside P7's.

Curling's Cool

Borders Curling Development team have been working with Edenside, Broomlands, Sprouston & Ednam pupils to offer them the opportunity to come and try curling. Pupils at these schools took place in the Curling's Cool program and received a block of coaching from the curling club coaches. The pupils are now encouraged to keep up the sport at the Junior Curling Club that takes place on Monday Nights.



Contact Us

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Senior Pupils leading the way

In August 2009 Kelso High School S5 students started a Community Sports Leaders Award (CSLA). This is a Nationally recognised qualification by Sports Leaders UK and will count towards future employment or education. As well as the leadership development during curriculum time, leaders will also need to complete 10 hours practical placement in a sport or physical activity environment to complete the course.

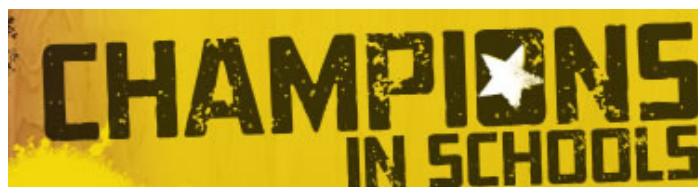
The autumn term was used to teach pupils' leaderships skills, such as communication, organisation and planning. These skills have been put into practice over the last 6 weeks as the senior sports leaders have been out on placement in local schools to develop their skills. S5 pupils have been going into Edenside & Broomlands and some Broomlands pupils have been coming to Kelso High School to get an activity/sports session delivered to them by Sports Leaders. Good luck to all sports leaders with the rest of their course.



Young Ambassadors Countdown to the Paralympics.

The 3rd December seen the 1000 day countdown for the 2012 Paralympic games. To mark the occasion and to prepare Broomlands primary school for their Champion visit, Kelso High School Young Ambassadors gave a Paralympic assembly to the whole school. The Ambassadors talked to school about the magnitude of the Paralympics and the values they bring, Determination, Courage, Equality. They also highlighted some of the Paralympic sports.

All Young Ambassador Updates can be found in the [new Young Ambassador pages in the Active Schools Website](#).



Champions in Schools is a role-model programme, delivered by Winning Scotland Foundation, that places Scotland's high performing athletes in the classroom to deliver a series of inspirational workshops. These workshops encourage pupils to set and achieve personal goals, pursue a healthy and active lifestyle, appreciate the value of hard work and adopt a positive, winning attitude.

Through their own personal example, the champions demonstrate to pupils that striving to reach their ambitions and making positive lifestyle choices can produce spectacular rewards. The Kelso area is lucky enough to have 2 champions coming to the area.



On December 7th Broomlands Primary 6's received a visit from Paralympian Libby Clegg. Libby a visual impaired paralympian won silver medal in the 100m at the 2008 Beijing Paralympics and won gold in the 2009 world championships in Manchester.

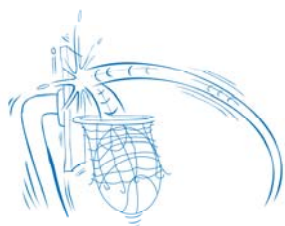


A week later on Monday 14th December, Kelso High School S1 pupils had a visit from Shirley Webb. Shirley was part of the 2004 Athens GB squad as an Olympic Hammer thrower. She was also part of the TV series Gladiator appearing as Battleaxe.

Active Schools Needs you!!

Active Schools are looking to start up a variety of new after school clubs in the Kelso area for local young children. Active Schools needs volunteers to run these clubs, without volunteer support clubs can not start. If you are interested in trying something new and learning some new skills Active Schools can give you the opportunity.

The spring and summer term is filled with training opportunities for volunteers to learn how to lead and deliver a variety of sports and activities. Download the Training Programme and dates from the [Active Schools Volunteering Pages](#). Active Schools have a variety of resources to support volunteers and all volunteers will be fully supported into a club by Active Schools.



If you think you would like to volunteer for Active Kelso or have any queries regarding Active Schools then please don't hesitate to contact us.

Up and Coming Events

Secondary Schools Curling Competition - Borders Ice Rink

- Wed 3rd February- Kelso High v Longridge Towers, 10.30pm
- Tue 9th February- Kelso High v Earlston 5.15pm
- Wed 10th February- Longridge Towers v Earlston 5.15pm

The top 2 teams will go forward to the finals at Murrayfield!

Tuesday 26th January- Kelso & Berwickshire area Girls Netball

Saturday 6th February- P5-7 Badminton Championships

Thursday 25th February- Girls Netball Finals

Monday 22nd March- Bonspiel Curling Tournament

Thursday 25th March- Kelso Community Dance Evening

