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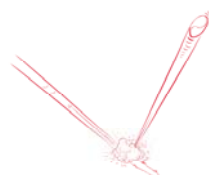
## What's on

### Youth Hockey (P5 – S1)

These sessions continue to support the hard work of PE teachers and other staff and volunteers who ran after school clubs earlier in the year. **Mondays 5pm – 6pm @ Earlston High School.**



### Earlston Mini Tennis Club Winter Programme



Earlston Mini Tennis Club winter programme continues this term. Sessions run every Tuesday evening starting on 12<sup>th</sup> January. **Girls P2-P5: 5pm – 5.45pm; Boys P2-P5: 5.45pm – 6.30pm.** Sessions are £2 for non-members and £1 for members. For more details contact Mr A J McCulloch on 01896 849804.

### **\*\*New\*\* Earlston High Cricket Club**

The cricket club at the school was started by English teacher and keen cricketer Mr Bryson! It has been running since September with the help from some Gala and Melrose volunteers. Taking place on **Thursdays after school**, it is regularly attended by both girls and boys, with 20+ turning up each week. All pupils are very excited about the prospect of having a team and fixtures this year!

For more details of what's on in the Earlston area for both primary and secondary children, visit the Active Earlston section on the SportBorders website.

## News

### Champions in Schools

Gordon Primary School P5-7s are taking part in the Champions in Schools role-model programme delivered by Winning Scotland Foundation, which 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 healthy, active lifestyles, appreciate the value of hard work and adopt positive, winning attitudes. Through their own personal experience, the champions demonstrate that striving to reach their ambitions and making positive lifestyle choices can produce spectacular results.

The sporting Champion twinned with Gordon is 25-year old rugby hooker Ross Ford. Ross is a regular in Scotland and Edinburgh front rows, and was called in to the 2009 British and Irish Lions squad. On 2<sup>nd</sup> December Ross delivered the first workshop where pupils set personal goals, which they plan to work towards before the next visit. The second workshop, 'Healthy Choices', is due to be delivered at the end of January, and will encourage pupils to lead healthy, balanced lifestyles.



## Contact Us

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## Small Schools Netball

On Wednesday 18<sup>th</sup> November, the Active Schools Small Schools Netball competition was held at the Queens Centre, Galashiels. Ten teams from across the Borders participated, with the draw being split in to two pools with the winners and runners up from each playing in crossover ties to determine who played in the final. The standard on the day was very high, with many games closely contested. The eventual winners were Halyrude, but a very big well done to goes to Channelkirk and Newtown Primary Schools who represented the Earlston Cluster, and for displaying fair play and good sportsmanship! A big thank you also goes to all PE teachers, staff and volunteers who took after school clubs to give pupils the opportunity to practice before the tournament.

## Pupils Lead the Way with Playground Games

The Christmas term saw 30 new pupils trained as Playground Leaders. Seventeen pupils from St Boswells Primary and thirteen from Newtown Primary spent five one-hour sessions improving their teamwork and leadership skills, and learning to promote fair, safe and active play in the playground. In week six the leaders held a play day, so they could practice their newly learned skills by delivering new fun games to the infant classes. A big well done to all those involved!

## October Activity Programme 2009

Pupils enjoyed an hour of judo skills with the well known Preeti Gardiner from Sportif Judo – a new, fun experience for many, but also a chance for those who attended after school judo sessions in the Autumn term, to practice newly learned skills and moves. This was followed by an hour of high energy fun, including playground games, team challenges, and ending with a few rounds of the ever popular game of dodge ball. Watch out in March for the 2010 Easter Programme!

## New Girls Only Gym Club – ‘Girls Allowed’

One aim of Active Schools is to engage more girls in physical activity. With the opening of the new high school and its facilities, it was the perfect time to start a girl's only supervised session, utilizing the fantastic new fitness suite. Sessions, open to all S2-S4 girls, run on Wednesday lunchtimes, where pupils can exercise to music and follow set programs, focusing on various fitness elements and body areas. It has been very well attended so far, with 15-20 girls turning up on a weekly basis. Hopefully this will continue in the new year!

## EHS Indoor Rowing Teams

Earlston High currently has five teams entered into the Concept 2 National Schools League, along with schools from all over Great Britain as well as France. Each month teams of four or eight complete a set distance or time as a relay team. This is then submitted onto the online Concept 2 Schools League, and each month schools can compare their rankings. After round one, all Earlston teams are doing very well! Teams meet every Tuesday lunchtime in the Fitness Suite where they practice technique, and the distance/time they will be doing that month.

## Local Judo Stars Rise to the Occasion

A must mention is the success of local club Sportif Judo at the 2009 Scottish Championships. The hard work put in by the club paid off, as the team returned home with nine gold, 10 silver and 13 bronze medals – a fantastic result for the Borders side! Success was also achieved at the Cadet and Junior British Championships and Under 12s British Championships. No fewer than six members of the Border's medal winners were Earlston High School pupils. This was a superb effort by everyone involved and a fantastic achievement for the players and the club. A big thank you goes to all those who supported the players and club throughout the year.

## Volunteering

Volunteers are a major resource to the work of Active Schools and are vital to ensure activities are successful and sustainable. We rely on a huge supporting network of people to make things happen including school teachers/staff, parents, coaches, senior pupils, and local clubs. Not only are they vital for coaching and leadership, running clubs, and admin duties, they provide a link between school and wider community, creating a path beyond school programmes. If you would like more information on becoming a volunteer to Active Schools, or wish to support your Active Schools team, please contact Marianne or Gemma, or log on to the SportBorders website. Any help will be greatly appreciated.

## Training Programme



Active Schools has launched a new training programme. It details a variety of basic training courses that are available through Active Schools and SportBorders, and is intended for parents, school teachers/staff, community volunteers, S5/6 students, sports leaders, and any one looking to volunteer with Active Schools. Courses have been designed to facilitate volunteers with the required skills and knowledge to confidently deliver safe, fun sessions to children and young people.

The majority of workshops run from 4-6pm and some may have cost implications. A list of training dates will be published on a quarterly basis, and is now available to download online through the Active Schools Website. For the most up-to-date listings log on to:

[www.sportborders.org.uk/active-schools.html](http://www.sportborders.org.uk/active-schools.html)

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## Up Coming Events

### Playground Leaders

Lauder Primary School; Starting Monday 25<sup>th</sup> January

### Champions in Schools Visit 2

Gordon Primary School; End of January

### Earlston/Jedburgh Area Netball

Wednesday 27<sup>th</sup> January @ Earlston High; 3.45pm – 6pm

### Area Netball Finals

Thursday 25<sup>th</sup> February @ The Queens Centre; 9am – 1pm

### Scottish Cycle Training

Melrose Primary School; 15<sup>th</sup> March – 26<sup>th</sup> March

