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What's On?

Easter Sports Programme

Easter holidays are fast approaching, and as always, the Earlston Active Schools team has put on a week of fun for pupils of all ages:

2.5 – 4 years: SFA Mini Kickers

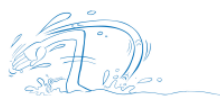
5–7 years: Gymnastics, Street Dance, Tennis, Kidz Club, SFA Football

8-11 years: Street Dance, Tennis, SFA Football



For further details and for other activities on offer out with Earlston, please go to the SportBorders website.

News: Primary Round Up



Swimming Top Up

All Primary 7s in the Earlston Cluster had the chance to take part in a National Swimming Top Up Programme this term. Pupils were invited to a two hour swimming assessment at their local pool, where they worked towards achieving the National School Swimming Passport. Pupils who fell short of the criteria have now been contacted by Borders Sport and Leisure Trust and been offered 10 hours of free swimming lessons to help make the grade. This pilot study has proved very successful and has now been rolled out in other clusters throughout the Borders.

Pupils Orientate Themselves Around Gordon

This term primary 5/6/7 pupils at Gordon Primary School have been working alongside members of Borders-based orienteering club Roxburgh Reivers, Lindsey Knox and Robin Sloan. Along with Active Schools Coordinator Gemma Ross, Lindsey and Robin taught pupils to read maps and identify map features, as well as set short courses in the playground for pupils to navigate round. The third session saw pupils walk to Gordon Community Woodland, to complete a timed orienteering course. Pupils worked in pairs to navigate around a set course, in as quick a time possible. Huge thanks go to Lindsey and Robin for their time and coaching over the three sessions, it was a great experience which was thoroughly enjoyed by pupils and teachers alike!



Newtown Activities Go Down A Storm!

In February, primary 2/3 pupils at Newtown Primary School enjoyed a four week block of after school activities. Tara Elms, newly recruited Active Schools volunteer from St Boswells, very kindly gave up her time to run the club, involving a variety of team challenges, playground games, and the ever popular parachute. Due to the success of the club, with up to 23 pupils attending each week, it continued for another six weeks in the run up to Easter. Huge thanks go to Tara for the time and effort she has put in this term – we look forward to working with you again soon!



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Earlston Teams Reach Netball Finals

The Earlston Area Netball Competition took place in late January, which saw seven teams from Earlston and Jedburgh battle it out for a place in the Border Finals. Competition was fierce, with some very close fought games, but the eventual winners, were St Boswells and Melrose A. Both teams did themselves proud, showing great skill and sportsmanship throughout the finals day two weeks later. Well done to Kingsland Primary who went home with the trophy. A big thank you goes to all PE teachers, staff, and volunteers who helped prepare the teams for the competitions and helped umpire at the events – as always, your help is greatly appreciated and we couldn't do it without you!



Lauder Pupils Try Their Hand At Judo

Following a whole school demonstration, local club Sportif Judo have this term run a five week taster block for pupils at Lauder Primary School. The Friday after school club has proven hugely popular, with pupils from all primaries coming along to try their hand at it. Thanks go to coach Preeti Gardiner for running these sessions – it is hoped, due to their popularity, they may continue once the pupils return from their Easter break.

Champions In Schools

Channelkirk and Westruther primary 5/6/7 pupils have enjoyed their first two visits from Scotland Rugby Internationalist Chris Paterson as part of the Champions in Schools Programme this term. Chris' first visit looked at inspiration and goal setting, and pupils set themselves goals to try to meet over the coming months. They also enjoyed playing some rugby relay games in the village hall. Visit two saw pupils learning about healthy eating and the importance of having an active, healthy lifestyle. They learnt to measure their heart rate and see how it changes as you exercise. Pupils are now looking forward to visit three which will concentrate on a positive winning attitude and self belief.



Pupils Put Their Best Foot Forward

Primary four pupils at Melrose Primary School have enjoyed a five week lunchtime dance block this term, led by ever popular street fusion dance coach Michelle Douglas. Pupils thoroughly enjoyed putting together an edgy upbeat routine to current chart topping tunes. Meanwhile, primary 4/5 pupils at Earlston Primary continued to enjoy their after school dance sessions with senior high school dance leaders. The pupils impressed staff, pupils and parents with their high intensity routine when they performed at the high school dance festival in March. Well done to everyone involved!

Melrose Pupils Pedal Come Rain or Shine!

All 54 primary six pupils at Melrose Primary School successfully completed their Scottish Cycle training this term. Pupils pedaled through puddles and cycled through sunshine to complete the week long training, which aims to give them the skills and knowledge to safely cycle in their community. This could not have gone ahead without the support of parents and school staff who gave up their time (and warm classrooms!) to assist with sessions – thank you very much to all involved!

Multi-Activity Festival

Multi-Activity festival number three took place on Thursday 10th March at The Queens Centre in Galashiels. Pupils from Earlston, Gala and Selkirk were invited along to take part in a morning of fun activities including skittles, bocchia, new age kurling and athletics. Big thanks go to local coach David Hunter and senior pupils from Earlston and Selkirk High Schools who helped run the activities and allowed the morning run smoothly. Schools should now watch out for invitations to the next Border-wide festival due to take place in the summer term at Tweebank Sports Complex.



Club Links Go From Strength to Strength



Earlston Active Schools have continued to build links with local sports clubs this term. Earlston Tennis Club coach Katie Addison has spent the last couple of weeks running curricular taster sessions in Westruther and Gordon Primary Schools. Meanwhile in Earlston, primary 4-7 pupils have enjoyed a six week block of after school athletics, led by local coach Bruce Scott, from Tweed, Leader and Jedburgh Track Club. Thanks go to both coaches for the time they have put in to these sessions - it is hoped both will continue next term.

P7 Boy's Basketball Festival

The first ever Earlston/Kelso/Jedburgh P7 boy's basketball festival took place in March. Fourteen teams battled it out at Jedburgh Grammar School for the winner's title. The boys demonstrated great skills throughout, with some very close scoring games. Edenside went on to win the festival, after a very close fought final against other pool winners Lauder. Thanks go to Earlston and Kelso High School senior pupils who took charge of all the umpiring, scoring and management of teams. Also to all PE teachers and school staff who took time to prepare the boys for the festival. Well done guys!



Secondary Round Up:

Leaders Demonstrate Their New Skills

Local primary schools have been benefitting from the continuation of the Community Sports Leaders course at Earlston High School this term. The leaders have been running after school clubs at Westruther and Gordon Primary Schools, in order to make up their 10 hours of voluntary leadership for the final unit of the course. Earlston Primary School has also taken advantage of the leader's new expertise, by having them run sessions as part of their 'Fit Friday' programme. Pupils have enjoyed a variety of activities including jogging, athletics, fitness to music and netball. Primary five pupils at Earlston are now looking forward to their Olympic Festival, organised by the Leaders as part of their coursework, which will take place once the schools return from their Easter break.



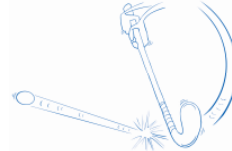
February Training Programme

Following a very successful three day training programme for senior pupils in the October holidays, the Active Schools team put on a further three day-long courses during the February break. Pupils were invited along to SFA Early Touches and Badminton Basics at Gala Academy, and Getting Started in Basketball at Earlston High. Once again the courses proved very popular, and thanks go to all coaches and tutors who allowed these programmes to go ahead.



Young Ambassadors Interschool Olympic Festival

On Thursday 17th March, Tweedbank Sports Complex took delivery of eight high school Young Ambassador teams for the first ever Interschool Olympic Hockey Festival, arranged by Young Ambassadors of Kelso High School. The Earlston squad flew through round one unbeaten, and in to the semi finals. Unfortunately, despite grit determination and great leadership from Adistars Andrew and Jessica, they were pipped to the post by the Eyemouth squad! The final saw Eyemouth play Selkirk, with Selkirk being crowned eventual winners after a very closely fought battle.



Upcoming Events

Easter Holiday Programme

Monday 4th April – Friday 15th April @ Earlston High School

Johnstone and Eildon Cups

Thursday 21st April @ St Mary's School, Melrose

Community Sports Leaders Olympic Festival

Monday 25th April @ Earlston Primary School

Scottish Cycling Training

Newtown Primary – Week beginning 18th April

Lauder Primary – Week beginning 9th May

St Boswells Primary - Week beginning 9th May

Gordon Primary – Week beginning 16th May

P4 Cricket & Football Festival

Tuesday 7th June @ Rhymer's Park, Earlston

P6 National Cricket Tournament

Thursday 9th June @ Netherdale, Galashiels

Mini Olympics

Monday 27th June @ Tweedbank

