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WHAT'S ON

Dance classes have commenced: all girls are welcome and both classes are free of charge. Times and venues as follows:



Age Group	Day	Time	Venue
P4/5	Wednesdays	3.15-4.15pm	St Margaret's PS
P6/7	Thursdays	4.15-5.15pm	Gala Academy Gym Hall
S1/2	Thursdays	3.15- 4.15pm	Gala Academy Gym Hall

Activity	Day	Time/Age Group	Venue
Sportshall Athletics	Monday	4.00 – 5.00pm P6/7	Queens Centre, Gala
Badminton	Wednesday	4.15-5.15pm P4-7	Queens Centre, Gala

NEWS

Badminton Carnival proves a smash hit

Primary 6 pupils from Balmoral, Burgh, Fountainhall, Heriot, Langlee, St Peters and Tweedbank primary schools came along to the Queens Leisure Centre in Galashiels for the new event organised by the Sports Development Unit and Active Schools network of Borders Sport and Leisure Trust. All the youngsters tried their hands at 6 different badminton activities assisted by students from Borders College. The kids took part in Magic Mover relay races, Skill Star, Target Hitting, Beat the Coach as well as the All Round Athlete fitness station. With the success of this first carnival, a badminton participation has been set up and coaching sessions will take place at the Queens Leisure Centre on **Wednesdays from 4.00pm -5.30pm from the 26th October – 14th December**. These sessions are open to children in Primary 4 – 7 and will cost £3 per session or £20 for an 8 week block.



Champions in Schools

Burgh Primary School are looking forward to taking part in the Winning Scotland Foundation project Champions in schools. 27 primary 7's from Burgh Primary School are desperate to find out which champion will be visiting them during curricular time to lead workshops on Inspiration and goal setting, healthy choices and the importance of having a winning attitude.

Contact Us

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Balmoral children get interactive!

Children at Balmoral Primary School have been piloting the Ignite Interactive dance mat project bringing physical activity into the curriculum. An after school club with the Ignite Interactive equipment has also been running and participation has been high. Watch this space at your school and hopefully the Ignite team will visit you!



Multi Inclusion Festival

Several children attended the Eildon Multi Inclusion Festival on 2nd November at the Queens Leisure Centre in Gala. Children from Gala, Selkirk and Earlston came along and tried their hand at Athletics, Boccia and New Age Kurling. Was fabulous to see children trying new activities and having a brilliant time. The Selkirk High School Young Ambassadors led the activity sessions and the children thrived on their enthusiasm for sport.



P5 Tag Rugby Festival

Ian Millar and Gala RFC have been delivering Tag Rugby in time for the Rugby Festival which was a great success. They have been delivering rugby to every school aged child in Galashiels. The children love being outside and playing the fast interactive game and Ian brings such an enthusiasm to the game which clearly rubs off on them. Over 200 p5 children turned out for a fabulous morning of rugby.



Local Hockey Festival a Big Success

Over 250 children attended a hockey festival in October to successfully round off the blocks of hockey delivered in schools by PE Specialists. Organised by Active Schools, Glendinning, Balmoral, Burgh, Tweedbank, Langlee, St Margarets, St Peters, Heriot, Fountainhall, Stow and Caddonfoot all sent multiple teams to this year's event at Netherdale. All of the teams were split into sections and played against teams from other schools.. A group of senior girls from Galashiels Academy were on hand to umpire the games and offer encouragement to all players. The standard of hockey throughout the morning, and fair play shown by all teams was excellent. A big thank you to PE specialists for preparing pupils for the festival and to the senior hockey girls from Galashiels Academy who umpired all of the matches.



St. Peters through to Sportshall Final

St. Peters won the Galashiels Sportshall competition on 17th November by 60 points ahead of the other 5 schools and have earned themselves a place at the National finals in Edinburgh in January. It was a fabulous morning with 6 schools turning out to compete for a place in the final. Burgh followed in 2nd place and closely followed by Glendinning in 3rd place. Balmoral, Tweedbank and Langlee also did amazingly well and points were very close. Remember if you enjoyed the competition there is a sportshall athletics club running at the Queens Centre on a Monday night from 4-5pm. £2 per session.



Small Schools Netball Competition

Heriot, Fountainhall and St. Margaret's were amongst 16 schools from across the region that turned out for the Small Schools Netball competition. Denholm won the competition for the second year running and sadly the Gala schools missed out on a medal position, however the standard of Netball being played on the day was remarkable and the teams seemed to enjoy themselves thoroughly.



UP AND COMING EVENTS

Training Opportunities

The Active School team have produced a jam packed training programme specifically for each area which is open to staff, seniors pupils and parent helpers. This will be emailed out and advertised at the beginning of the new term.

Sportshall Athletics

Indoor Athletics starts on Monday 24th October 4-5 pm at the Queens Leisure Centre. There will be lots of fun athletics events (runs, jumps, throws) on offer. £2 per session. Please call to book a place- 07887471127.



Focus Judo

The Focus Judo Club have visited a few schools in the Galashiels area to provide some taster sessions for p1-3. The coaches introduced the children to some basic Judo moves including throws and holds on the ground. There are many benefits of Judo including improving fitness and coordination, it can be a confidence booster and it can provide life long participation (from 6 -60 years!) For children that are interested in trying Judo the club welcomes new beginners. A jacket and belt will be provided and parents are welcome to watch. Training takes place every Monday night at the Focus Centre.

Under 8's: 6.00 pm – 6.45 pm

8 – 11 years: 6.50 pm – 7.35 pm

12 -16 years: 7.40 pm – 8.30 pm

For more information contact Tam Hardie on 01896 751368 (evenings).



Festivals and Events:

Event	Date	Time	Age	Venue
Small Schools Netball	Wednesday 16 th November	9.30 – 1pm	P5-7	Queens Centre, Gala
Sportshall Athletics	Thursday 17 th November	10 – 12pm	P6/7	Queens Centre, Gala
Area Netball	Wednesday 25 th January	4 – 6pm	P6/7	Queens Centre, Gala
Area Netball Finals	Wednesday 8 th February	9.30 – 1pm	P6/7	Queens Centre, Gala
Disability Festival	Thursday 8 th March	10 – 11.30am	ALL	Queens Centre, Gala
Boys Basketball Evening	Tuesday 20 th March	4 – 6.30pm	P6/7	Queens Centre, Gala

Extra Curricular Clubs at Gala Academy:

Galashiels Academy Clubs – *all running 3.15 - 4.30*

	Playing fields	Gym 1	Multi courts	Games Hall	Tennis Courts
Monday	Rugby U16. Hockey Senior. Hockey S2	S2 Hockey	Boyd Football. Senior Hockey.	Seniors Hockey.	
Tuesday	Hockey S1 Hockey S3 Rugby S1 Rugby S3			S1/3 Hockey	
Wednesday	Rugby S2 Hockey S3			Indoor Tennis	Tennis S1/2
Thursday		Dance S1	Girls Football	Badminton S1-6	

Lunch time clubs run from 12.40-1.30pm in the games hall.

Monday – Indoor Hockey

Wednesday – Basketball

Enjoying After School Activity – A Plea To Parents

The After School Programme continues to grow as the Active Schools Programme expands. After School Clubs are great ways for pupils to get active at the end of the school day. These clubs are run by Active Schools Co-coordinators, PE Specialists, teachers, community coaches, and parents.

If you are a parent, and feel that you could assist with after school clubs, your help would be invaluable. Parents help is vital to the on-going success and sustainability of the Active Schools Programme. Appropriate training would be offered. You can give as much or as little time as you wish. As little as 30 minutes can still make a difference. Contact Anna Potter -your Active Schools Co-ordinator for further details on 07887471127.