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[Active Schools Website](#)

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What's on

Activity	Day	Time	Age Group	Venue	Cost
Floorball	Monday	16:30-17:30 17:30-18:30 18:30-19:30	S1-S6 P4-P7 S1-Adult	Old Baths Hawick	First session free. £2 per session thereafter.
Badminton	Tuesday	18:00-20:00	P5-7 S1-S6	Hawick High School-Games hall	£1 per session
Hockey	Monday	17:00-18:00	1. P4-7 2. S1-S3	Hawick High School: Astro and Games hall	Please contact Ruth Hounam for more information.
Rugby	Sunday	11am	Hawick Mini's Hawick Albion s1-u16	Hawick RFC	
Shields Performing Arts Academy	Various	Various	Various	Shields Dance Group Studios	£10 per Month Contact: 01450 378732
Tennis	Saturday Tuesday	9-11am 5-6pm	Primary Secondary	HHS Games Hall	
Cricket	Wednesday	5-6pm	P6/7 to Secondary	HHS Games Hall	
Football	Friday Monday Monday Wednesday Friday Friday	6-7pm 6-7pm 7-8pm 7-8pm 6-7pm 6-7pm	4+5 years Under 7 Under 8 Under 9 Under 10 Under 11	Old Baths HHS Hall HHS Hall Old Baths Astroturf Astroturf	Please contact Gerry Aprile on 07933650924 for more information.

Activity	Day	Time	Age Group	Venue	Cost
Netball	Monday	4-5pm	Under 13	HHS Hall	N McArthur G Thomson
	Wednesday	6-7pm	Under 15	HHS Hall	
Gymnastics	Tuesday	6-7pm	P1-P4	HHS	£2 per session (Both)
		7-8pm	P5-Adult	HHS	
Athletics	Wednesday	6-7pm	P5- Adult	Teviotdale Harriers clubrooms	50p per session
Bowling	Friday	4-5pm	P6-P7	TLC	Free

News

P5-P7 Girl's Football Festival

On Friday the 9th September 2011, 60 girls from throughout Hawick ventured down to the HHS Astro to take part in a football festival from 4-6pm. Organised by Active Schools and 6 respective local coaches the idea was to offer the girls in the town something similar to the opportunity boys currently have with the primary school league.

On the day our coaches were: Mr Hunter, Mr Tierney, Mr Crawford, (All Drumlanrig), Mr Corbett (Wilton), Mr Clark, Ms Bain (HHS U15/U18 Girls coaches) and Mr Aprile and Mr Mckewan (Hawick Youth FC).

For the first hour the girls moved around 5 different skill practices, ranging from shooting to control to crabs! Some of the technique on show was superb and left the coaches open mouthed.

We stopped for a break and then split the girls into 8 teams and played some small sided matches against each other. Each coach became manager of a team with team names such as Hunters' Heroes!

The girls were brilliant but above all they really enjoyed it. Hopefully some girls will now progress to the girl's only football on a Friday with Mr Hunter and the Hawick youth set up. A huge thank you to everyone involved!!



*Special mention to HHS U18 girl's who defeated Falkirk 3-0 last week to progress to the next round of the Scottish cup! What brilliant role model's for the girl's at primary level!

P6/7 Hockey Festival

Over 240 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, all 9 Hawick schools sent teams to this year's event at the Volunteer park. All of the teams were split into sections and played against teams from other schools. The pitches were set up with 2 sets of goalposts at each end to encourage more attacking play and lots of goals. A group of 16 senior girls from Hawick High School were on hand to umpire the games and offer encouragement to all players.

Regardless of the constant rain, the standard of hockey throughout the afternoon and fair play shown by all teams was excellent. A big thank you to PE specialists, teachers and parents for preparing pupils for the festival and to Hawick High School for the use of the facilities.



P6-7 Floorball Festival

On Thursday the 6th October 2011, 18 P6/7 pupils from throughout Hawick attended a Floorball festival at the Old baths from 5-7pm. The festival was organised to tie in with the hockey festival that the children enjoyed the day before and to capitalise on the transferable skills that they had been learning. Led by Craig Girvan and assisted by 5 senior pupils, the children were put through some floorball skill practices such as control and passing and shooting. Once the children had got a feel for the sport, they were then divided into teams and played some competitive matches!

A huge well done to all the children that came along! They all seemed to have great fun and that is the key. Hopefully we will have some budding young floorball players within this group for the future.



P5-7 Floorball afterschool clubs

Off the back of the successful Floorball festival and to further provide children in Hawick the opportunity to try different sports, we set up two floorball after school clubs at Drumlanrig and Trinity PS. Led by four senior pupils the two clubs have proved reasonably popular! Hopefully now we can feed them into Craig's Monday club sessions and a potential inter school competition in 2012.



P1-7 Tennis 'Come and try/ Registration day'

On Saturday the 22nd of October, over 70 boy's and girl's aged P1- P7 from the nine Hawick cluster schools attended a tennis 'come and try' day down at the Hawick high school games hall.

The youngster's were having loads of fun! Hawick primary active schools coordinator Paul Scott stated "What a great turn out for a Saturday morning! The children loved the opportunity to try some tennis for the first time and some make new friends, which is really what it is all about. Yet who knows, Hawick may well have the next Andy Murray or Laura Robson within this group!"

A spokesperson for the club added "What an appetite for Tennis there is in the town! We are one week into the eight week winter coaching block and of the 70+ children at the 'come and try' morning, 35-40 have come back so far and we expect more! Onwards and upwards for Hawick's junior tennis players!"



Bikeability level 1 and 2

Since the start of the Autumn term, pupils from four of our nine cluster schools have been attempting to gain both their Bikeability level 1 certification and level 2 certification.

Bikeability level 1 is the new terminology for Ready Steady Bike. Both Hobkirk and Denholm PS p4/5 have completed this award.

Bikeability level 2 is the new terminology for the 'Scottish Cycle Training Scheme'. So far Trinity P7, Hobkirk P6/7, Denholm P6/7 and Stirches P6 have all successfully achieved this award.

Well done to all the pupils involved and to all the volunteers who have helped deliver this opportunity within our schools.

RSCDS in Hawick

Over the last term six schools in the Hawick Cluster had the opportunity to try out and practice some traditional Scottish country dancing. Led by Margaret Pritchard, the youth coordinator for the society and assisted by her team of retired teachers, Trinity, Drumlanrig, Burnfoot, Wilton, Stirches and St Margarets all received a 6 week block of dancing.

On Friday the 25th November over 200 children came together for a 'Hawick primary ceilidh' at Hawick town hall. A huge well done to everyone involved in what was a very successful morning.



Bowling 'Come and try' evening

On Friday the 9th and 16th of September 2011, 10 children from throughout Hawick ventured down to Hawick bowling club to try lawn bowls for the first time. Both evenings ran from 4-5pm and were led by Colin Blaikie from Hawick Bowling Club. Well done to all the children who went down and gave bowling a shot! This will stand you in good stead for the Hawick "Superbowl" in January 2012.

“Superbowl 2012”

Since the October break, p6/7 pupils in the Hawick cluster have been giving lawn bowling a try! Organised by Active Schools, Wilton bowling club and Hawick bowling club 7 of our 9 cluster schools have so far showed what they can do on a bowling green!

Led by qualified coach Duncan McDougall and Colin Blaikie the children were taught all the basics on lawn bowling and then were allowed to try a few ‘ends’ themselves!

Following this the children were signposted to the ‘Superbowl training camp’ which is an after school bowling club that runs every Friday from 4-5pm at Teviotdale leisure centre.

In January 2012, we hope to bring all this work together in an inter-school ‘Superbowl’ competition. We look forward to seeing you there!



Champions in Schools programme



For the second year Active Schools Scottish Borders and the Winning Scotland Foundation are pleased to offer the Champions in Schools programme in Hawick. Champions in Schools is a role-model programme that places Scotland’s top international athletes in the classroom to deliver a series of inspirational workshops. The champions encourage school pupils to set and achieve personal ambitions, pursue a healthy and active lifestyle, appreciate the value of hard work and adopt a positive, winning attitude.

The school selected to receive Champions in Schools this year is Denholm PS.

Our champion this year is: Libby Clegg



Libby is a Paralympic silver medalist and World Champion gold medalist who competes in the T12 100m and 200m sprint.

[Burnfoot Cross-box club launched](#)

For the past two weeks, pupils at Burnfoot school have had the opportunity to attend a new "Cross box" club from 18:30-19:30 on a Wednesday evening. The "Cross-box" club is led by ABS and REPS qualified coach Mark Huggan and focuses on a combination of both boxing and fitness.

So far the club has proved quite popular with 10 children regularly attending on what is quite a busy night at Burnfoot. As Mark stated "The club is all about getting the children active and interested in boxing and sport in general. Cross-box teaches the children respect and self discipline whilst also developing flexibility, agility, balance and speed. The kids seem to be loving it"

[Hawick Junior Badminton Club:](#)

Since the summer break, Hawick junior badminton club have been giving youngsters in Hawick a taste of badminton. Together Active Schools and the badminton club have organised for most of the schools in the Hawick cluster to receive a taster morning of coaching from UKCC coach Colin Blaikie.

So far Burnfoot, Stirches, Denholm and Hobkirk have been put through their paces with more planned for after the Christmas holidays!

Hopefully some of the children will have caught the badminton bug and go down to the weekly Tuesday night sessions: 6-8pm at HHS! It is a great opportunity to make some new friends, further develop their skills and above all have fun!

[Teviotdale Harriers primary cross country championship 2012](#)

Currently Active schools in partnership with Teviotdale Harriers and each cluster school are looking to provide every P6/7 pupil in Hawick with a taster session in cross-country running!

This will provisionally start in January 2012 and culminate in a P6/7 Hawick primary cross country championship on Friday the 24th February 2012! Also anyone who really enjoys it will have the opportunity to compete in the Scottish primary school cross-country championships in late April!

Keep a look out for further information on this and if you would like to help in any way please get in touch.

[SECONDARY ACTIVE SCHOOLS](#)

[Hockey youth umpire](#)

On Tuesday the 4th October 2011, 10 senior pupils from HHS undertook their Hockey youth umpire award.

The following day, each of the 10 senior pupils' were evaluated on their umpiring performance at the Hawick primary hockey festival and the award issued. They are now permitted to umpire up to S2 hockey and on occasion S3. Well done to all the girls who gave up their time to gain this award!

[Hockey Leaders](#)

On Sunday the 13th November 2011, 3 senior pupils attended and completed the Scottish Hockey, hockey leader's award. Led by Paul Scott this course is the pre requisite to the girls applying to do their UKCC level 1. However in order to gain the award they must achieve 8 hours of assisted delivery. The three seniors will all be gaining their hours by helping with the S1 and S2 teams at Hawick High School

Senior pupil training programme

Nine senior pupils from Hawick High school took the opportunity to enhance their coaching and leadership skills over the October break. The Active Schools team ran a 2-day training programme at Earlston High School, giving pupils the chance to gain leadership certificates in Netball, Disability inclusion and Safe Guarding and Protecting Children. The programme was deemed a success with all nine Hawick pupils already actively putting their new skills to good use, with five assisting with both primary and secondary netball teams for example.

S1 and S2 Netball at HHS

Netball is going down a storm at Hawick high school! We now have four teams competing in the Aitken and Turnbull Border Netball League!

Last year was our first season with Gillian Thomson's S1 girl's who have now progressed to Under 15 level and this season they are going from strength to strength. Gillian's 1st team are even due to play their first match in the Scottish Youth Cup on the 11th of December at HHS!



Special mention has to go to Nikki McArthur who has taken on the reigns of this year's S1 girls. Nikki has two teams who are making their debut in the Border Netball league this season.

A massive well done to all the pupils, coaches and parents involved. What a great opportunity we have for girl's moving up to high school aside from Hockey and other sports.

CSLA: Community Sports Leadership Award

This year at Hawick high school we are running the Community Sports Leadership Award for senior pupils. The Level 2 Award in Community Sports Leadership is a nationally recognised qualification that enables successful learners to lead groups of people in sport/activity, under indirect supervision. The qualification teaches generic leadership skills such as organisation, planning, communication and teamwork through the medium of sport. It is a fun and practical qualification with no entrance requirements or final examinations to sit.

School of Rugby at Hawick High School

In a joint venture between the SRU and Hawick high school, this year has seen the creation of a 'School of rugby'. The School of rugby has the main focus of player development and enhancing the skills of the pupil's within the school. The school of rugby is being led by Mr Marshall from the PE department and Rocky Johnstone, our Hawick RFC development officer. Hopefully this will all bode well for the town in the not so distant future!

Young Ambassadors

The Borders Young Ambassador Conference, held on the 21st October 2011, provided a fantastic platform for a group of senior pupils from 8 Secondary Schools to come together and plan how they are going to use the 2012 Olympics and Paralympics to motivate and inspire pupils within their schools and communities.

Launched on the back of the successful Olympic bid 6 years ago, Young Ambassadors uses young people and the Olympic and Paralympic values to spread the message and widen opportunities for sport. Piloted at Kelso HS, the programme has now expanded so that 2 senior pupils per secondary school can make a difference in their communities.

The two pupils selected this year from Hawick high school are Finlay Simpson and Jessica Wilcox. Well done to both senior pupils. This now brings us to a total of four Young Ambassadors in Hawick with Callum Simpson and Katie Waugh retained from last year.



(Pictured: **Jenny Changleng**- Secondary ASC, **Finlay Simpson**- YA, **Shirley Webb**- GB Olympian and Inspirational athlete, **Jessica Wilcox**- YA and **Paul Scott** – Primary ASC)

Volunteer Training Programme



Volunteers sit at the heart of all Active School work, without them very little would happen. These volunteers can be school staff, PE staff, parents, coaches and local clubs. We aim to try and help our volunteers in any way possible and one of those ways is by providing a comprehensive training programme.

The training programme is now available to download online through the Active School Website, SBC CPD online or from your Active Schools Coordinator.

The majority of the two hour workshops will run from 4pm-6pm. Some of the times may differ and some courses may have cost implications. A list of training dates will be published on a quarterly basis. For the most up to date listings and also to get contact details for your local Active Schools Coordinator log on to

www.sportborders.org.uk/active-schools.html

If you are interested in volunteering, please don't hesitate to get in touch.

We would love to hear from you!

Up and Coming Events

***Passport Launch: January 2012**

***Hawick primary netball cup: 18/1/12**

***Hawick area netball competition: 25/1/12**

***Borders netball finals: 8/2/12**

***P6/7 Superbowl: Jan to Feb 2012**

***P6/7 Primary Cross-country championships:
24/2/12**

***P4/5, P6/7 Hawick and Wilton Park Tennis club
interschool competition
February 2012**

***Roxburghshire Paralympic Games: 12/3/12**

***Hawick primary badminton championships:
March 2012**

***P5-7 Girl's football festival: 16/3/12**

***P6/7 Boy's basketball festival: 28/3/11**

***Hawick primary school cricket league:
April 2012**

***HHS after school dancing club: Coming January
2012**

Finally ... A big thank you to all the PE staff, teachers and every school/community volunteer who give up their time to run various sport and activity sessions for pupils and young people within the Hawick cluster.