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Club Reviews

This term has been a busy one for afterschool and lunchtime clubs. Kelso pupils have been keeping active at a variety of sports clubs.

Tennis

Tennis has been on offer for P1-4 pupils at Ednam PS and P1-3 pupils at Edenside PS afterschool this term. Pupils have been learning the basics and developing their skills with local coaches.



Gymnastics

P1-3 pupils have been enjoying a block of gymnastics with PE teacher Mary Weir after school on Mondays.



Zumba

Zumba is proving to be very popular amongst Kelso pupils with the 2nd club taking place at Broomlands PS, where over 20 pupils have been attending each week to learn how to Zumba.



Netball

While Ednam P5-7 have been preparing for the small schools netball at an afterschool club this term, Broomlands and Edenside P6/7 have started their preparation for the Berwickshire netball competition next term.

Broomlands netball club	Thursdays afterschool	P6/7 girls
Edenside netball club	Mondays afterschool	P6/7 girls

News

Ross Ford returns to Edenside PS to inspire P7's

Champions in Schools kicked off this year with Scottish Rugby player Ross Ford taking a step back in time and returning to his former primary school, Edenside. Ross visited the P7 class to inspire the pupils to aim high and work hard. He talked to the class about the importance of setting goals and doing whatever it takes to achieve them. Ross was also in for a surprise as the P7 class had tracked down his P1 photo!!

Ross will return in February to talk to the pupils about fitness and nutrition.



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Roxburgh Paralympics

The annual Roxburgh Paralympics took place on Friday 25th November at Jedburgh Grammar School with over 50 pupils attending to take part in a variety of different sports. Pupils took part in sessions of athletics, football, boccia, curling and the Ignite interactive wall.



Ednam At Smalls Schools Netball

P5/7 boys and girls from Ednam PS attended the Border Small Schools Netball competition on Wednesday 16th November at Queens Leisure Centre. They joined 18 other small schools from across the Borders to take part in the annual event.



The pupils have been preparing for the event at an afterschool netball club for the past 5 weeks and their hard work paid off finishing 2nd in their group. The pupils had a nervous start to the day but soon forgot about that and started to enjoy. Well done to all pupils that were involved.

CSLA out in schools

The 25 sports leaders at Kelso High School have been out working with pupils at Ednam, Broomlands and Edenside this term to gain experience leading a group of young people. The senior pupils have been gaining hands on experience working with groups of P2, P5 and P5-7s. They have had to plan and deliver the activity sessions while ensuring they control the session and ensure all the pupils are active and have fun. The placements are an excellent opportunity for the pupils to experience leadership in an active environment.



Young Ambassadors

Borders YA Conference

Kelso Platinum YAs Rachel, Erin, Becky and Gillian delivered another successful YA conference on Friday 21st October. They planned and delivered the day to the 16 newly recruited AdiStar YAs from other secondary schools. They had some assistance from Ex Olympic athlete, Shirley Webb who delivered an inspiration workshop to the team. The YAs also had the opportunity to use the Get Set website (the official education site for 2012) and also took part in boccia and curling ready to assist at the local Paralympic festivals.

The YA will now head back to their cluster areas aiming to promote the Olympic and Paralympic values, create excitement about London 2012 and use 2012 increase participation.



Borders YAs honoured at James Mclean Trust awards.

The platinum YAs received the Borders Active Living award at the James McLean Trust dinner on Saturday 18th November. The award which is sponsored by Borders Sport and Leisure Trust recognises an individual or group who have encouraged and inspired others to be active through sport or physical activity.

Congratulations to Becky, Erin, Gillian and Rachel for their contributed to the YA programme.

2012 clubs

Gold and AdiStar YAs, Kate, Cecily, Jack and Cameron have been delivering 2012 clubs to P4 and P5 pupils at Edenside and Broomlands this term. They have been leading a variety of Olympics sports over the 4 week afterschool clubs and have been quizzing pupils on some Olympic 2012 facts. The clubs have been a great success and will look to continue during the Olympic year.



Olympic Torch

The Olympic Flame will travel the UK for 70 days bringing the excitement of the Games to everyone. It will be given from one Torchbearer to another, spreading the message of peace, unity and friendship.

The Olympic torch will pass through borders towns on **Thursday 14th June**

The torch will bring its journey through the Borders in Peebles, passing through; Innerleithen, Walkerburn, Selkirk, Galashiels, Earlston, Gordon, Greenlaw, Duns, Chirnside and finishing in Foulden before moving south.



2012 Olympic Passport

Get ready take on the Olympic challenge.....

In January 2012 all P4-7 pupils will be issued with an Olympic passport and will be challenged to attend as many of the 24 Olympic sports included.

All the sports are awarded points based on accessibility and the more points pupils accumulate between January and August 2012 will determine the type of medal awarded.



Look out for the 2012 Passport in January and get set to take on the Olympic challenge.