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What's on

P6 and P7 Hockey Participation Centre

The centre is at Selkirk High School on a Tuesday 6pm – 7pm and Selkirk Cricket Pitches on Saturday's 9.30-10.30am - cost per season is £15. If you would like further information please contact Sara Jamieson on 07882771014. A huge thank you to Sara and the coaches for their hard work with the mini-hockey club.

Gym Club is back!

Craig Anderson, Selkirk Primary Schools PE teacher is running 2 sessions every Wednesday:

- 4-5pm is for Primary 4 & 5
- 5-6pm is for Primary 6 & 7

Sessions cost £2.50 or £20 for a 10-week block.

4-5pm is currently fully booked but if your child is interested, contact Mr Anderson to be put on the waiting list. Thank you to Mr Anderson and Mrs Jack for taking the club.



Borders Fjordhus Hockey Development Training

Training is on a Thursday 5.30pm – 6.30pm at Hawick Volunteer Park, All Weather Pitch for S2-S6 girls. The cost is £2 per session or £30 for the season. Sessions are coached by Borders Fjordhus Hockey Club players. (Training will change to Tweedbank once the artificial pitch is ready for use)

For more information regarding what's on for primary and secondary children visit Active Selkirk pages on the Active Schools section.

News

Chris Patterson plays up the positive side of life for pupils

Champions in Schools is a role-model programme delivered by Winning Scotland Foundation that 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 a healthy and active lifestyle, appreciate the value of hard work and adopt a positive, winning attitude.

Through their own personal example, the champions demonstrate to pupils that striving to reach their ambitions and making positive lifestyle choices can produce spectacular rewards.

The lucky school taking part in the programme is Kirkhope Primary School along with Etrick and Yarrow P4-7 pupils. Chris' first visit was on 9th December which involved the inspiration workshop and their second visit was on 29th January,



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talking about healthy eating / choices with some physical activity sessions. Chris is due to return for his third and final visit after the Easter Holidays.

Selkirk High School Community Sports Leaders

In August 2009 Selkirk High School started a Community Sports Leaders Award (CSLA) for senior pupils aged 16+, and is delivered by Active Schools Coordinators, Karen Cornwall and Gemma Ross. Twelve pupils opted to take the course in its first year. By March 2010 leaders will have completed their 35 guided learning hours and will begin their 10 hours practical placement in a sport or physical activity environment. This is a Nationally recognised qualification by Sports Leaders UK and will count towards future employment or education. Already some leaders have volunteered at active schools festivals, maximising opportunities for primary children to be active.

Youth Chex applications successful!

Youth Chex is a new project that puts you in charge. For youth, and judged by youth, turn your ideas into reality. Four Selkirk High Schools pupils put applications in to the Youth Chex Project and all 3 were successful. Vicky Ross applied for funding for new indoor hockey sticks and team skorts for the senior hockey team. Maddie Arlett applied for folding football goals so when training it will be a lot easier than having to move the heavy hockey goals each session. Also successful were Darren Knox and Philip Anderson with their application for new rugby strips for the S3 team. Well done to Vicky, Maddie, Philip and Darren; I'm sure all the boys and girls will enjoy their new strips and equipment!

October Sports Programme 2009

Active Schools provided two days of Kidz Club (5-7 years) activities during the October break at Selkirk High School. Activities included Dance, Cheerleading, Fun Club, Mini Olympics and Enjoy-a-Ball. The children experienced different activities, learned new skills and made new friends from other schools. Look out for the Easter Sports Programme 2010 in March!

Fit For Girls

The Fit For Girls Programme was launched in February 2008, and is a joint programme of the Youth Sport Trust and SportScotland, backed by Scottish Government investment of £510,000 over three years. It is aimed at school girls aged 11-16 with the intention of encouraging them to adopt more active lifestyles. Selkirk High is one of 4 high schools in the Borders taking part in the programme. Earlier this year Active School Coordinators and PE staff attended a workshop which aimed to provide them with the support, materials and information to help increase girls curricular and extracurricular physical activity and sport participation.

Former Selkirk Pupil is Junior Sports Personality

Former SHS pupil, downhill mountain biker Arran Gannicott was the proud receiver of the Border Telegraph Junior Sports Personality of the Year award in September. He finished the season second in the Junior National Championships and is currently ranked number 12 in the world. This follows a very successful last season when he was crowned both Scottish and National Youth Champion. At the Ettrick and Lauderdale Sports Council annual awards ceremony, the adrenalin-junkie was commended for the time, effort and commitment he puts in to his sport, and was highlighted as a great role model for youngsters to follow. Here is to wishing Arran another successful season ahead, where he will travel as far as Canada to take on the world's best, in the hope of bringing the world title home.

Training Programme 09-10

Active Schools has launched a new training programme, which details a variety of training courses that are available through Active Schools and SportBorders. The courses aim to increase knowledge and skills, and are designed for parents, teachers, other school staff, community volunteers, S5/6 pupils, sports leaders, and anyone looking to volunteer with Active Schools. The programme is available to download online through the Active School Website.

The majority of the two hour workshops run from 4pm-6pm. Some times may vary 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



Up and Coming Events

Cricket Taster Sessions & After School Clubs – Starting Monday 1st March at Knowepark and starting Thursday 4th March at Philiphaugh

Tuesday 2nd March – Club Golf Training – 3.45pm – 5.30pm

Wednesday 10th March – Multi-Activity Festival, Queens Centre from 10-12

Wednesday 17th March – Sport Relief Fundraiser at Selkirk High School

Tuesday 23rd March – N.I.P. Cricket training at Philiphaugh 3.45pm-5.30pm

Wk beginning 29th March – Health Week for Lilliesleaf and Philiphaugh

Week beginning 5th April – SFA Football Programme, Easter Sports Programme

Week beginning 12th April – Activity & Kids Clubs, Easter Sports Programme (Both at Selkirk High School)

