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## What's on

### Sports Leaders After School Clubs

Selkirk HS Sports Leaders have started 5 week blocks of curriculum activities and after school clubs for St Joseph's and Philiphaugh. This is part of their CSLA course which will count towards their certification. The children have been thoroughly enjoying the sessions and responding well to senior pupils working in the schools. The last sessions are on Wed 9<sup>th</sup> March – any children in P4-7 at St Joseph's and Philiphaugh are welcome to join the clubs. Speak to Karen for more info.

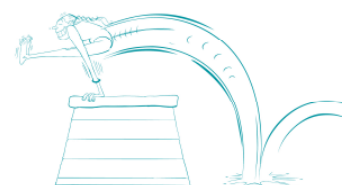


### Gym Club

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.



### Activities Fit For Girls

As a follow on from the previous lunchtime club at Selkirk HS – selected girls in S1-S3 will be invited to attend an 8 week block starting after the Easter Holidays. This will be for girls who don't particularly enjoy team sports but like fitness classes and working on their own. Activities will vary but external coaches will be brought in so the girls have community links with Selkirk Fitness centre and other local clubs as well as PE dept and Active Schools taking some sessions. There will be some incentives as well for the girls. More info to follow....

### Easter Sports 2011

Scottish Borders Council's Active Schools and Sports Development Team have organised a programme for 5-7 and 8-11 years during the Easter Holidays. Flyers will be available to schools week beginning 7<sup>th</sup> March, each child will receive a flyer and Karen will be explaining to classes a bit more about the programme.

For more information about what's on in Selkirk for Primary and Secondary schools visit :

<http://www.sportborders.org.uk/whats-on--selkirk.html>

## News

### Janet helps pupils reach their goals!

Borderer Janet Jack scored plenty of goals in her career as a hockey international, but it was a different kind of goal she was talking about on Thursday (25<sup>th</sup> November) and Healthy Lifestyles on (24<sup>th</sup> Feb) when she visited Primary 6/7 pupils from Philiphaugh Community School.

The local sporting legend was offering advice on personal goal-setting and healthy lifestyles as part of the Champions in Schools role-model programme, running for its second year in the Borders through the Active Schools network.

Champions in Schools, developed by the Winning Scotland Foundation, takes Scotland's high-performing athletes into the classroom to deliver inspirational workshop to pupils over a series of three visits.

Each athlete will build a rapport with a targeted group of 20-30 children, discussing the importance of goal-setting, nutrition and physical activity in everyday life and sharing a belief that the adoption of a positive winning attitude offers long-term benefits on and off the sports field.

Janet's final visit to Philiphaugh will be in approx 6 weeks time. The P6/7 pupils have been given a challenge to record a food / exercise diary.



## Contact Me!

### Primary & Secondary Coordinator



### **Karen Cornwall**

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### Swimming Top Up!

Borders Sport & Leisure Trust have teamed up with Sportscotland and Scottish Swimming to provide a local project for P7s (P6s small schools) to assess every P7 child in the swimming pool, this will be based on the NSSA criteria. Those who fail to meet the standard will be offered 10 weeks of top up tuition as an extra curricular programme. The initial assessments will be completed during curriculum time. Schools are in the process of organising dates through Active Schools and BSLT. Assessments are looking to begin first week in March.

### February Senior Training Programme 2011

After a successful October Training Programme for senior pupils; Active Schools provided 3 days of training through the February break for seniors across the Borders. The following courses which had been organised were; SFA Early Touches, Badminton Basics and Basketball. The pupils had a chance to expand their CV and gain experience across 3 sports which would help with their sports leaders courses. Glen Maltman and Reece Nichol attended the courses from Selkirk HS; through their enthusiasm and commitment they will be recruited through Active Schools to coach in the Easter Sports Programme.

## Selkirk & Galashiels Area Netball Tournament

Seven teams competed at the Queens Leisure Centre on Wednesday 26<sup>th</sup> January 2011 from Selkirk and Galashiels clusters. Langlee A & B team, Knowepark A & B, St Peter's A & B and Tweedbank. The teams were competing for 2 places in the Area Netball Final which took place on Wed 9<sup>th</sup> Feb. There were a lot of close, nail biting games and as the tournament went on the standard of netball increased a lot. The 2 eventual finalists were St Peter's and Tweedbank who played very well at the finals. Kingsland lifted the James Mclean Trophy with Priorsford coming close runners up. Congratulations to all the teams who took part in the tournament and thank you to all staff who helped prepare for the competition.

## Training Programme 2010-11

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](http://www.sportborders.org.uk/active-schools.html)



Active Schools Coordinators Gemma Ross and Karen Cornwall organised a playground leaders in service training for primary staff. Playground supervisors and ANA's attended the course from Philiphaugh, Lilliesleaf and Edenside. Pictured above are some of the attendees teaching the alphabet game.

## Up and Coming Events

Multi-activity Festival Wed 10<sup>th</sup> March 10am-11.30am, Queens LC

Young Ambassadors Mixed Hockey Tournament 17<sup>th</sup> March S6, Tweedbank

Boccia Festival (Secondary) 31<sup>st</sup> March 10am-12noon, Queens LC

Dance Festival (Primary) 22<sup>nd</sup> March 9.45am start, Philiphaugh CS

Basketball (P6/7) Boys 22<sup>nd</sup> March 4pm-5.30pm, Queens LC

Easter Sports Programme 4<sup>th</sup> – 15<sup>th</sup> April various activities at Selkirk HS

### Selkirk HS remaining Hockey Fixtures

1<sup>st</sup> year (Gala) and 2<sup>nd</sup> XI (Tweedbank) Tournaments 5<sup>th</sup> March (other teams to play Gala)

2<sup>nd</sup> Year Tournament 12<sup>th</sup> March at Kelso

3<sup>rd</sup> Year Tournament 19<sup>th</sup> March at Hawick