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What's on

Summer Sports Programme 2011

2.5 – 4 years : Mini Kickers (18th-20th July 10-11 @ SHS)

5 – 7 years : Kids Club (11th-15th July 10-11 and 11-12 @ SHS)
: SFA (18th-22nd July 11.15-12.45 @ Yarrow Park)

8 – 11 years : Badminton, Cricket, Hockey, Dance, Athletics and SFA (various dates and venues)

Summer Programme will be available in schools week beginning 6th June 2011.

Lilliesleaf & Philiphaugh Hockey

Lilliesleaf have started an after school hockey club for P4-7 pupils taken by Miss Johnson on Mondays from 3pm-4pm. Mrs Jack has been running a hockey club at Philiphaugh on Tuesdays from 3pm-4pm for P5-7. This will help prepare the children for the P6/7 mixed hockey festival which is at the end of September.

Tennis at Selkirk Tennis Club

Lulu Watson has set up a coaching programme from primary children in the Selkirk area.

Tuesday evenings up until 21st June

4.30-5.15pm for P2-P4 (Ranald Wilkie)

5.15-6.00pm for P5-7 (Ranald Wilkie)

Wednesday evenings up until 22nd June

3.15-4.00pm for P3-4

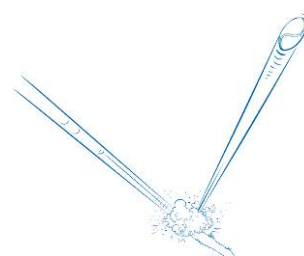
4.00-4.45pm for P1-2

4.45-5.30pm for P5-7 (all coached by Lulu and Level 1 coaches)

For more information please contact Lulu on 01750 76266 or 07732653861

Girls Allowed Club at Selkirk HS

A selected group of S1 and S2 girls have been invited to attend a club at the school. The girls were selected as not taking part in many extra curricular clubs within the school and the PE department wanted to provide a different opportunity which can provide links to club or activities within the community. The first session starts on Monday 30th May which will be Street Dance by Michelle Douglas. The girls have asked for activities such as aerobics, walking, rounders, dodgeball and basketball. There will be an instructor from BSLT to take a zumba type aerobic session.



Stronger links with Selkirk Cricket Club

Neil Cameron (Cricket Development Officer) for the Scottish Borders along with his coaches has teamed up with members/players from Selkirk Cricket Club to provide stronger links between the schools in the Selkirk Cluster. Selkirk HS are now running sessions for S1-S6 pupils on Thursday's 3.45pm-5pm lead by Ross Patterson and someone from Selkirk Cricket Club, Alex Massie and Gordon Branston. The sessions are for boys and girls and all beginners and experienced players are welcome.

Gordon Branston along with some other coaches will be providing a cricket skills festival on Thursday 9th June for the three valley schools, Ettrick, Yarrow and Kirkhope. This will look to promoting the sport to the children and encourage the boys and girls to attend sessions in Ettrickbridge or at Selkirk CC.

Contact Me!

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News

P4/5 Cricket & Football Festival

Over 80 P4 and P5 children took part in the cricket/football festival held at Selkirk Cricket Club on Wednesday 1st June. Fourteen stations were set up which included football games and various Kwik Cricket skills. All the stations were supervised by SFA and Cricket Scotland coaches. The children had a great time and a huge thank you to all staff that supported the event....and to Neil Cameron for his entertaining announcing!!



Bike Ability Level 2

Pupils from Knowepark and St Joseph's took part in Bike Ability Level 2 during the week of 16th May. The programme was supported by volunteers Bridget and Kevin Stephenson, Alistair Meikle, Kerry Johnston and Kerrie Gentleman. Philiphaugh and Kirkhope are starting their Bike Ability Level 2 training this week (30th May). A huge thank you to all the volunteers who helped out with the training.



7 qualified Community Sports Leaders!

Congratulations to Reece Nichol, Lewis McLennan, Ross Purves, Glen Maltman, Fergus McKerracher, Mijsje van Weringen and Michael Waldron who completed and passed their Community Sports Leader Award Level 2 on 17th May 2011. The students completed eight units relation to delivering activity sessions and on their final unit completed 10 hours of coaching/delivery to primary school children. Six out of the seven primary schools benefited from this experience and thoroughly enjoyed the seniors working with them. The sports leaders organised a football world cup event for P7 pupils at Selkirk HS which also linked in to a transition event. Over 70 children attended and they were split up into 12 teams and played in 3 different pools. The leaders chose Kyle Adamson and Stacey Brannan as boy and girl players of the tournament. Thank you to Drew Kelly and his SFA team for supporting the event.

So far 17 S5/6 pupils have chosen CSLA as part of their choices for next year!



Easter & Summer Sports Programme 2011

Children from the Selkirk Area attended the Easter Sports Programme at Selkirk HS run by Active Schools and Sports Development. Activities which took place were Tennis, delivered by Gavin Harkness and Kids Club delivered by Sports Leaders Glen Maltman and Reece Nichol. SFA also provided activities for all ages and had a great turn out for mini kickers. Selkirk's Active Schools section will be running from 11th-15th July from 10am-12noon at Selkirk HS along with Sports Development activities that week and SFA programme 18th-22nd July. Summer Programmes will be delivered to schools between 6th and 10th June.



YA Hockey Tournament

Kelso HS Young Ambassadors organised an Olympic Hockey Tournament on 17th March for S6 pupils. The 2 adistars in each high school were to set a challenge to come up with a squad for the tournament and organise their own training.

Selkirk HS won their pool stage on goal difference and went on to play Kelso in the semi-final who they defeated 1-0. It was an Eyemouth v Selkirk final, Selkirk were eventual winners 2-1. A well organised tournament by the Kelso YA's.



Swimming Top Up

All P7s in the Selkirk Cluster had the chance to take part in a National Swimming Top Up Programme. Pupils were invited to a 2 hour swimming assessment at Selkirk LC, where they worked towards achieving the National School Swimming Passport. Pupils who fell short of the criteria are in the process of being contacted by Border Sport and Leisure Trust and will be offered 10 additional lessons free of charge to help make the grade.



Champions in schools

Internationalist Hockey legend Janet Jack has been working with the P6/7 class at Philiphaugh Community School as part of the Winning Scotland Foundation project Champions in schools. Janet has had 3 visits which have covered goal setting, healthy lifestyles and winning attitudes. The children from Philiphaugh have been inspired by Janet's visits and have worked hard to set themselves targets and have a more positive attitude towards every day things. On Thursday 2nd June, four of the children will be attending the CiS showcase event in Galashiels to celebrate the programme with other Border primary schools who have also been involved with the project. The children will do a short presentation on goal setting to show what they have learned from champion Janet Jack.



Up and Coming Events

Primary

Tuesday 23rd May for 5 weeks = Bike Ability Level 2 at Philiphaugh from 1.15pm - 2.15pm

Monday 30th May all week = Bike Ability Level 2 at Kirkhope (Time TBC)

Wednesday 1st June = Cricket & Football Festival P4/5 at Yarrow Park from 12.15pm - 2.30pm

Thursday 2nd June = Champions In Schools Showcase at Volunteer Hall, Galashiels from 6.30pm - 8pm

Monday 6th June = National Schools Sports Week & Festival of Sport Fortnight

Thursday 9th June = Kirkhope, Ettrick and Yarrow sports day & Cricket Festival at Ettrickbridge sports field all day

Monday 20th June = Knowepark Sports Day at Selkirk HS all morning

Monday 20th June = Knowepark Health Week

Monday 27th June = Mini Olympics at Tweedbank (P7) from 6.30pm-9pm

Secondary

30th May = S1 Exodus at Newcastleton all week

Monday 30th May = Girls Allowed Club starts from 3.45pm-4.45pm

Monday 6th June = S2 (new S3) Skills Challenge Day & S3 away to Ardeche / London

Wednesday 8th June = Football World Cup all day

Thursday 16th June = Borders Schools Athletics at Tweedbank all day

Tuesday 28th June = Selkirk High School Sports Day (pm)

If you would like to help volunteer with Active Schools, whether it's run an after school, help with holiday programmes, cycle proficiency, playground leaders are some of the projects please contact Karen via the details on the left hand side of the newsletter.

