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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

### **Sports Champion to visit Valley Schools**

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. Their first visit will be on 9th December, which will involve the inspiration workshop. This visit will be from Chris Patterson, Scotland's Rugby Team stand-off. A great role-model for the children. Chris recently played against Australia, scoring a fantastic drop goal for Scotland to beat Australia, 9-8, for the 1<sup>st</sup> time since 1982!!

## 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.

### Contact Us

#### Primary Coordinator



#### **Karen Cornwall**

kcornwall@scotborders.gov.uk  
**07785332826**

#### Secondary Coordinator

#### **Anna Potter**



### **P6 and P7 pupils stick out at hockey festival!**

Over 100 P6s and P7s took part in the hockey festival at Selkirk Cricket Club on Tuesday 29<sup>th</sup> September. Fourteen teams from the 7 Selkirk schools played across 3 pitches. Games lasted 8 minutes with each team playing 4 or 5 games, which were umpired by Sports Leaders Lizzie Bunyan, Lauren Henderson and Heather Hotchkiss.

### **P4 and P5 pupils try out Tag Rugby!**

On the same day over 100 P4s and P5s took part in a Tag Rugby Festival organised by Iain Paxton, Selkirk Rugby Club's Development Officer. Prior to the festival, Iain visited schools to provide taster sessions in preparation for the event.

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



## Up and Coming Events

Wednesday 25<sup>th</sup> November – Knowepark P6 to visit SHS for coaching sessions by Sports Leaders

Thursday 26<sup>th</sup> November – Jog Scotland / Fitness sessions at Lilliesleaf

Tuesday 1<sup>st</sup> December – Selkirk HS Inter-house Swimming Gala

Wednesday 9<sup>th</sup> December – Champions in Schools visit to Kirkhope

4<sup>th</sup> – 15<sup>th</sup> January 2010 – St Joseph's Food and Fitness Fortnight

6<sup>th</sup> & 13<sup>th</sup> January 2010 – St Joseph's visit SHS for coaching sessions by Sports Leaders

Wednesday 27<sup>th</sup> January – Gala & Selkirk Area Netball Tournament, Queens Leisure Centre, Galashiels 3.30pm – 6pm

Starting January 13<sup>th</sup> & 14<sup>th</sup> – Playground Leaders at Knowepark & Kirkhope

