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## Merry Christmas and a Happy New Year!



Active Schools wishes you a very Happy Christmas and a fantastic New Year. Thank you for all your hard work this year and for encouraging children to get active. Looking forward to the big 2012.



## 'Get Set' for London 2012



The 2012 London Olympics is on the final straight and on Friday 9<sup>th</sup> January there will only be 200 days until the opening ceremony of the Olympics and February 11<sup>th</sup> for the Paralympics. All schools have registered with London 2012's education resource website 'Get Set'. This is an opportunity for children to learn about the Olympics and Paralympics Values as well as the history, sports, athletes and other countries. Duns Primary and Chirnside Primary have recently become Olympic Network members, this means they receive more exciting Olympic opportunities and can share ideas with other schools nationally and internationally.

### Olympic Torch to come to Berwickshire

The last time the Olympic torch was in the United Kingdom was in 1948, however in 2012 it will be the first time the Olympic Torch has travelled north of the border and through Scotland. The Olympics Torch will travel through the centre of Berwickshire on Thursdays 14<sup>th</sup> June. The torch will arrive in Greenlaw from Earlston and then pass through Duns, Chirnside, Foulden and onto Berwick-upon-Tweed before evening celebrations in Alnwick. This is not only an opportunity for children to see the Olympic Torch, but also for the community to get together and celebrate this exciting opportunity.



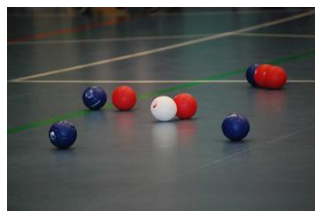
## News

### Duns pupils spring into gymnastics

Primary 3 and 4 pupils from Duns Primary have been getting active with gymnastics after school for the last 5 weeks, with the final session on Tuesday 6<sup>th</sup> December before the Christmas holidays. Berwick Gymnastics Club coach Debbie Couch

has been coaching a group of children to develop their gymnastics skills from forward rolls to backward rolls and cartwheels to handstands. The pupils have thoroughly enjoyed the sessions and some have started going along to the club in Berwick on a Saturday morning. Developing direct links with local clubs is a great way of giving children a taste of a new sport and increases the opportunities to be more active.

### **Boccia & New Age Kurling a big hit!**



Pupils at Chirnside and Greenlaw Primary Schools were recently given a taste of two different sports – Boccia and New Age Kurling. These sports are becoming more popular with the increased awareness of disability sport here in the Borders and nationwide. They have been adapted to suit the varying abilities of children and adults and allows for an all-inclusiveness nature. 24 P7s at Chirnside Primary tried out Boccia and New Age Kurling on Thursday 17th November and 21 Greenlaw P6s had a go of New Age Kurling on Tuesday 22<sup>nd</sup> November. Whilst looking easy the children found it a lot harder and became very competitive in the end. Some comments from the pupils are below:

“It was good and would do it again”

“I loved it”

“I enjoyed it, but I felt restricted in my movement”

Should your school be interested in introducing these sports to pupils in your school, please contact your Active Schools Coordinator.

### **Eccles/Leitholm pupils try out curling**

Six Primary 7 pupils from Eccles/Leitholm Primary School have started a new sport in the form of curling. Through partnership with Liz Cullen (Borders Curling Development Officer), Active Schools organised for Liz to come into the school and deliver an indoor curling session using the New Age Kurling equipment. This gave pupils the chance to learn the technique and also some of the rules.



They started their first of 3 curling lessons at Kelso Curling Rink on Tuesday 29<sup>th</sup> November. The children thoroughly enjoyed the lesson and were keen to do more, as can be seen from the comments below:

"I had a really good time and my favourite part was rolling the stones."

"I enjoyed everything but my favourite part was rolling the stones. I can't wait till we do it again."

"My favourite part was learning how to roll the stones."

"I enjoyed playing the game at the end"

"I had an excellent time. The best part was sweeping and I am hoping to join the curling club."

"I had a great time and my favourite part was having the mini games."

The sessions will give the children the chance to attend coaching on

Saturday mornings as well as take part in an inter school tournament later in the school year.

### Young Ambassadors

Berwickshire High Schools Young Ambassadors have been working very hard since they took up their role of promoting the London Olympics at the end of last term. Nicola Wealleans and Josh Herbert have recently attended assemblies at Swinton and Greenlaw Primary School, where they talked to the pupils about their role and how learning about the Olympics and Paralympics can be very easy. Their idea of presenting 1 child each month from each class with a certificate for the chosen 'Value of the Month' is a fantastic way of introducing the children to the values that Olympians and Paralympians abide by each day of their lives. Josh and Nicola will be attending assemblies in other schools and supporting schools to the lead up to the games in the Summer. Should you have any upcoming Olympic based projects that you would like Josh and Nicola to have input on, please contact your Active Schools Coordinator.

### Playground Leaders



Giving pupils the opportunity to organise and lead games for younger pupil is a great way to give them additional responsibility and opportunity to develop new skills. 4 P6 and 4 P7 pupils at Greenlaw and 58 P6 pupils from Duns have recently completed their training and have started using their skills in the playground to organise fun games. Pupils from Swinton and Chirnside will be

starting after the Christmas holidays along with a new group of Greenlaw pupils.

### Friday is 'Girls Allowed' day

'Girls Allowed' is a new Fun Fitness Friday girls only gym session every Friday lunchtime. This is a supervised session which is open to all girls in every year group. The girls can come along learn how to use the equipment safely, learn new exercises and work on what they want. They come along with some friends, listen to some music and have some fun whilst being active!



### Senior Pupils Training Opportunities



Top Play offers 4-9 year olds the opportunity to develop their core physical movement skills through fun and stimulating activities. The training will demonstrate how to use the Top play session cards to plan and run a session, introducing children to core skills such as throwing, catching, running and jumping.

The Top Sport programme is aimed at 7-11 year olds. The course will show the pupils again how to plan and run activity sessions using the simple resource cards that are filled with games ideas and fun drills.

Active Schools are running these training courses with Berwickshire High School's Sport Leader pupils. The courses will not only allow them to

further develop their leadership skills and give them another extra for their CV but also help develop a new network of volunteers that can help add to the existing sporting activities in the high school, in the primary school and in the wider community.

## **Active Schools enters the World of Facebook**

With many organisations now reaping the benefits of Facebook, Active Schools has now signed up and will be an opportunity for you to keep up-to-date with what is going on in your cluster. The page will be to view upcoming events along with links to websites. To like the page please go to <http://www.facebook.com> and search for Duns Active Schools and Eyemouth Active Schools and click 'Like' to view the page.

## **Active Schools Needs You!**

Active Schools are always looking to recruit new enthusiastic volunteers to help deliver after school or lunchtime clubs or assist with projects that are coordinated through schools. One in particular is Bikeability (formerly known as Scottish Cycle Training Scheme). The programme gives P6/7 pupils the skills and ability to cycle on the busy roads, which is an essential skill to not only be more active but be safer on the roads! If you have an interest in sport and/or physical activity and have some time that you could offer, please contact your Active School Coordinator Magnus Moncrieff on 07557845621 or [mmoncrieff@bslt.org.uk](mailto:mmoncrieff@bslt.org.uk), who will be more than happy to get you involved.

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## **Upcoming Events**

### **Berwickshire Paralympics**

**Wednesday 7<sup>th</sup> December: 10am – 12pm**  
**Berwickshire High School**

### **Berwickshire Netball Festival**

**Wednesday 24<sup>th</sup> January: 4pm – 6pm**  
**Berwickshire High School**

### **Berwickshire Paralympics 2**

**Wednesday 14<sup>th</sup> March: 10am – 12pm**  
**Berwickshire High School**

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## **Active Schools Website**

For more information on what's going in the area go to...

**[www.sportborders.org.uk/activeschools](http://www.sportborders.org.uk/activeschools)**

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