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New Start



I would like to take this opportunity to introduce myself and tell you a little a bit about me. My name is Magnus Moncrieff and I am the new Active Schools Coordinator for the Berwickshire Cluster.

I was recently working in the opposite end of the country in Stornoway as an Active Schools Coordinator. Whilst it is much more remote, there are similarities with bigger town schools and smaller rural schools, however here there are more opportunities to be involved in different sports.

Prior to my Active Schools post I was a primary teacher in Aberdeen and completed my probation year, however with my sporting background and sports science degree I felt I could combine the two qualifications and experience to benefit children to get them more active. I am thoroughly enjoying my time here and everyone has been extremely welcoming and friendly. I am looking forward to working closely with all the schools, staff, volunteers and pupils to ensure as many physical activity opportunities are provided here in Berwickshire.

News

Eccles / Leitholm pupils complete Bikeability Level 2



Seven pupils from Eccles/Leitholm Primary School recently completed their Bikeability Level 2 training and were assessed on Thursday 6th October. Although windy and cold the pupils cycled very well and displayed great road safety skills along with their excellent cycling ability. Eccles/Leitholm Primary Schools has an excellent provision for cycling with a cycle bus that is led by two keen cycling parents Ian

Stark and Caroline Wood who organise a 'cycle bus' to school with the children come rain or shine. It is a great way to start the day and gives the children the experience of cycling on the road in a safe and controlled environment.

Great turn out for Hockey / Rugby Festivals

Over 130 children took part in the Duns Area Hockey Festival and over 100 children took part in the Rugby on Tuesday 4th October at Berwickshire High School organised by Active Schools in partnership with Borders Hockey and Scottish Rugby Union for the Scottish Borders. Teams from all 6 schools in the cluster attended and made the festival a great success.



The hockey festival saw 16 teams divided into groups of 4 and played 7 minute games. PE teachers Vicki Royan, Hazel Millar and Berwickshire High School senior pupils Nicola Wealleans and Alana Dixon umpired and coached the games



extremely well. The children thoroughly enjoyed the event even with the strong, cold wind! At the end children were presented with certificates per team and Olivia Cummings and Jordan Dancaaster were awarded the Star Player award for the festival. Feedback from both festivals was very positive.

David Hutchison (Berwickshire Rugby Development Officer) organised the rugby festival and divided teams around different stations of games and coaching. Children were also presented with certificates per team and posters of the current Scottish Rugby Union squad. The festival worked very well and with the support of senior pupils made the festival a success.

A huge thank you must go to all the PE teachers who helped umpire the games, the senior pupils from both high schools who were able to offer their time to support teams, all school staff, parents and volunteers who supervised teams to and from the festival. A final thank you and congratulations must go to all the pupils who competed on the day making the festival a great success.

Participation in these festivals is a great way of giving children a taste of competition after weeks of practise during PE and after school clubs, as well as giving them the chance to attend local rugby clubs and participation centres at both high schools and extend and develop their skills.

More information on the participation centres can be gained through contacting your Active Schools Coordinator or the participation centre coach Nicola Welleans (Berwickshire High School senior pupil) on 07928646740. For more information on rugby in your area contact your Active Schools Coordinator or David Hutchison (Duns RFC) on 07595771005.

Greenlaw and Berwickshire High School pupils to be inspired by 'Champions in Schools' programme



Primary 7 pupils from Greenlaw Primary School and a group of S1 pupils at Berwickshire High School are to take part in the *Champions in Schools* programme this year. The programme has been running in the Scottish Borders for two years and has proven to be extremely successful with pupils and teachers.

'*Champions in Schools* is a role-model programme that places Scotland's high performing international athletes in the classroom to deliver three inspirational workshops in the school-year. 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 attitude.'

(Elaine Walls, Programme Manager, Champions in Schools)

An athlete will be assigned to the class, and they will visit the class three times within the school year delivering 3 workshops, each with a key theme and a physical activity/sport session:

Workshop 1: Inspiration & Goal-setting

Workshop 2: Fitness & nutrition

Workshop 3: Winning Attitudes

The programme will commence shortly after the October holidays.

Help children be more active.

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. 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, who will be more than happy to get you involved.

Youth Sport Trust – The Young Ambassador Program



The role of a Young Ambassador (YA) involves increasing participation in school sport and PE, spreading the word of the Olympic and Paralympic Values – respect, friendship, personal excellence, courage, determination, inspiration and equality – and promoting the London 2012 Olympic and Paralympic Games. Young



Ambassadors are selected due to their sporting talent, and more importantly, due to their outstanding commitment and ability as young leaders or volunteers.

In the run up to the Games the Young Ambassador movement is set to grow dramatically. Working in partnership with Adidas the movement is now active across the UK and it is our hope that by the start of the Olympic Games there will be around 8,000 fully trained Young Ambassadors.

Two senior pupils have been selected to become an AdiStar Young Ambassador's. Nicola Wealleans and Josh Herbert will be representing Berwickshire High School at the Scottish Borders Young Ambassador Conference on the 21st of October to learn more about their role as a YA and the challenges they will be facing!

With London 2012 now only months away this year will be an important year for our AdiStars to encourage more children to be more active and use the values as a way to encourage children to learn about the physical and social benefits of sport. AdiStars will be encouraged to get schools to sign up to London 2012's Get Set Network.

To register go to getset.london2012.com/en/join-us/register once you are register you can join the network to receive exclusive offers and the ultimate chance to win tickets to the Olympics themselves!!

Upcoming Events

Small Schools Netball

Wednesday 16th November: 9.30am – 1pm
Queen's Leisure Centre, Galashiels

Berwickshire Paralympics

Wednesday 30th November: 10am – 12pm
Berwickshire High School

Active Schools Website

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

www.sportborders.org.uk/activeschools

