

Active Schools Berwickshire: Eyemouth

December, 2011

Issue 2

In This Issue

- Get Set
- News
- Upcoming Events

Web links

[Active Schools Website](#)

Contact Us

[Primary Coordinator](#)

Magnus Moncrieff
07557 854 621
mmoncrieff@bslt.org.uk

[Secondary Coordinator](#)

Marianne O'Brien
07917 267 238
mobrien@bslt.gov.uk



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 9th January there will only be 200 days until the opening ceremony of the Olympics and February 11th 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 14th 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

Janet Jack inspires Eyemouth pupils

Janet Jack arrived at Eyemouth Primary school on Thursday 24th November to kick-start the Champions in Schools programme with 36 Primary 7 pupils. *Champions in Schools* is delivered in partnership with Active Schools and its programme organiser Winning Scotland Foundation and has successfully been delivered in the Scottish Borders since 2009 and proved extremely successful. Janet delivered the first workshop on Goal-

Setting and told the children of her international hockey experiences, giving children the chance to ask questions and here more of her hockey stories. The children were captured by her stories and experiences and very energetic in the final activity of hand hockey, which develops team-work and involves everyone. Janet inspired the pupils to set goals for themselves as well as a year group goal of organising an event for Sport Relief 2012, which takes place in March next year.



One pupil in particular was very inspired to challenge herself and told Janet about her goal to do a 3 second handstand before the next visit!. Janet will return in the new year to deliver her second workshop on Fitness and Nutrition

Cockburnspath pupils get cycling

9 Primary 6 pupils from Cockburnspath Primary School recently completed their Bikeability Level 2 training and successfully passed their assessment on Thursday 1st December. The cycling programme gives children the knowledge and skills to administer today's busy roads and with the cold dark nights upon us it is even more important to be safe and be seen.



A huge thank you must go to parent Andrea Walker and class teacher Mrs Levy for taking the time to train the pupils during the school day and ensuring the pupils were confident enough to cycle on the road and ensure that they worked hard during the lessons. Final congratulations must go to the pupils who did extremely well in the cold weather.

Young Ambassadors

Eyemouth 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. Sarah Woodhouse and Andrew Calder have recently started promoting their role in Eyemouth High School through displaying information on notice boards in the school. They are also working towards promoting the Olympic and Paralympic Values in primary schools with their idea of presenting 1 child each month from each class with a certificate for the chosen 'Value of the Month'. This is a fantastic way of introducing the children to the values that Olympians and Paralympians abide by each day

of their lives. Andrew and Sarah will be attending assemblies in 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 Sarah and Andrew to have input on, please contact your Active Schools Coordinator.

Eyemouth pupils enjoy Bikeability 1

5 Primary 5 pupils at Eyemouth Primary School have been enjoying taking part in Bikeability Level 1 as part of the weekly 'Active Stations'. These stations are chosen by pupils and vary from arts and crafts to sports and games. Class teachers Gary Fryer and Raymond Williams have delivered Bikeability 1, which is a block of lessons giving children the skills to manoeuvre their bikes and prepare them for the next level in the Bikeability programme. The programme is a fun way of getting children on their bikes in the playground using games and obstacle courses to keep children enthused. A huge thank you and well done must go to Gary and Raymond for delivering the lessons and for all the children who successfully completed the programme.



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. Pupils at Ayton and 39 P6 pupils from Eyemouth have recently completed their training and have started using their skills in the playground to organise fun games.

High School pupils rowing Challenge



A group of S2 pupils who were involved in the building of Eyemouth's newest rowing boat are now in training over the winter and entering a school team in the Concept 2 Indoor Rowing League for Scottish Schools. Over the next couple of school terms they will complete timed and distance rows, enter their results online and see how they measure up to other Scottish Schools....We will keep you updated with their progress!!

Girls only Club starts at Eyemouth High School

'Girls Allowed' is a new girls only gym session every Tuesday after school. 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!



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

Upcoming Events

Berwickshire Paralympics

Wednesday 7th December: 10am – 12pm
Berwickshire High School

Berwickshire Netball Festival

Wednesday 24th January: 4pm – 6pm
Berwickshire High School

Berwickshire Paralympics 2

Wednesday 14th March: 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