

# Active Schools Berwickshire: Eyemouth

October, 2011

Issue 1

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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

### 3 R's day in Eyemouth Cluster

70 primary 7 seven pupils from all five schools in the Eyemouth area gathered at Eyemouth High School on Thursday 25<sup>th</sup> August to learn about the importance of the 3 R's (Respect, Relationships and Responsibility). On the day Active Schools Coordinator Magnus Moncrieff organised a team-building activity session on the astro-turf at Eyemouth High School. All pupils were mixed into 5 different groups to ensure they got to meet children from other schools. Groups then moved round the five different stations to complete a number of tasks that were given to them by adult leaders. The session and day was a great success, with feedback from pupils and staff extremely positive.



### Great turn out for Hockey / Rugby Festivals

Over 80 children took part in the Eyemouth Area Hockey Festival and over 50 children took part in the Rugby on Thursday 29<sup>th</sup> September at Eyemouth High School organised by Active Schools in partnership with Borders Hockey and Scottish Rugby Union for the Scottish Borders. Teams from all 5 schools in the cluster attended and made the festival a great success.

The hockey festival saw 13 teams divided into 3 groups and played 7 minute games. PE teachers Mairead Henry and Katharine Bridgewater and Borders Hockey Participation Centre coach Cara Powner umpired and coached the games extremely well. The children thoroughly enjoyed the event, which was made more

special by the glorious September Summer! At the end children of the festival children were presented with certificates per school.

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 the PE teachers who helped umpire the games, the senior pupils from Eyemouth High School who were able to offer their time to support teams, Eyemouth High School PE staff for accommodating the festival, 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 their local high school to 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 Cara Powner on 07534927652. For more information on

rugby in your area contact your Active Schools Coordinator or David Hutchison (Duns RFC) on 07595771005.

### **Eyemouth pupils to be inspired by 'Champions in Schools' programme**



Primary 7 pupils from Eyemouth Primary 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)

The programme is coordinated by Active Schools and directly links to the priorities of Active Schools of being more active and pursuing a healthy and active lifestyle. The programme will start shortly after the October holidays.

### **Pupils to try out Tae Kwon Do**

Tae Kwon-Do is the ancient Korean art of self-defence, and can improve confidence, strength and stamina, as well as being an Olympic sport. A new T.A.G.B. (Tae Kwon-Do Association of Great Britain) Tae Kwon-Do club has recently started at Grantshouse Village Hall on Monday, Tuesday, Wednesday and Friday evenings from 5pm-6pm.

To establish a link with the club and give children the chance to try out a new sport

and further interest in the new club, children at Ayton Primary School and Reston Primary Schools were given a short demonstration of the martial art at recent assemblies. Reston Primary School pupils Bonnie and Poppy Bain were recently awarded their yellow belt and displayed some of their skills at both schools along with coach Katy Pitts.

It is no easy challenge to get teenager active, and we try to offer them as many opportunities to try different activities as possible. Therefore, working in partnership with the club free taster sessions have been organised at Eyemouth High School from the end of October over a 4 week introductory block.

### **Strictly come Zumba**

*Strictly Come Dancing* may be a Saturday evening favourite, but Zumbatonic is becoming a favourite in the schools. Zumba is a Latin/international dance-inspired aerobic fitness class for everyone...you don't need to know how to dance, just be willing to move! ZumbAtomic is the Zumba equivalent for kids from age 4 into their teens. It covers different forms of dance from hip hop; salsa; reggaeton and many more. We hope the pupils will have lots of whilst keeping fit.

Eyemouth Primary School and High School pupils have been experiencing these classes recently as an after school club. Zumbatonic leaders Kathryn Maltman and Lynsey Oliver recently completed training on both Zumba and Zumbatonic and have been using their skills and enthusiasm to get more kids involved. The sessions have been well attended and with their being an adult class as well it gives progression for pupils the chance to stay involved.

Active Schools aim to work with the girls to continue this enthusiasm and try it out at more schools. For more information on Zumbatonic contact Kathryn (07922417387) or Lynsay (07709055557).

### **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](mailto: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. Sarah Woodhouse and Andrew Calder will be representing Eyemouth 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](http://getset.london2012.com/en/join-us/register) once you are registered you can join the network to receive exclusive offers and the ultimate chance to win tickets to the Olympics themselves!!

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## **Upcoming Events**

### **Small Schools Netball**

**Wednesday 16<sup>th</sup> November: 9.30am – 1pm**  
**Queen's Leisure Centre, Galashiels**

### **Berwickshire Paralympics**

**Wednesday 30<sup>th</sup> November: 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)**