

# Active Schools Newsletter



Issue 3 October 2008

## Get on Your Bikes and Ride!!

As part of the Active School efforts to train more volunteers to motivate children to participate in physical activity, the Active Schools Co-ordinators recently undertook a four day cycling course. Run by Cycling Scotland, the course aimed to train Active Schools Co-ordinators to be able to train parents and teachers to deliver cycle training in a fun and safe environment. Learning to ride and manoeuvre a bike safely, is not only an essential life skill, but a great way to stay active, travel around your community, and to involve the entire family. There are currently two training programmes for differing age groups:

1. **Ready Steady Bike** for P5 pupils is an entirely playground based training scheme and aims to build children's confidence in cycling through a range of essential cycling skills.
2. **Scottish Cycle Training Scheme** for P6/7 pupils replaces the old cycling proficiency test. This scheme takes

children out onto local roads and teaches them to manoeuvre, signal, negotiate junctions safely and increase their awareness of the potential dangers on the roads.

If you or your school is interested in becoming a cycle trainer or participating in cycle training, please make contact with your school and they will contact the relevant Active Schools Co-ordinator for that area



## Borders Children Have a Very Active Summer!

Over 1000 children took part in this years summer activity programme provided by the Active Schools Co-ordinator team. The children took part in over 6 hours worth of activity each, which meant that those children taking part were well on course for reaching their target of 60 minutes worth of exercise per day.

The programme included 29 different activities from badminton to tennis, dance to cheerleading and canoeing to surfing. It was run in conjunction with a number of partners including the Sports Development team who also put on a wide-range of target sports including basketball, hockey and cycling and also the Borders Sport and Leisure Trust and Scottish Rugby Union.

Many thanks to all the children who took part and also to the parents and grandparents who supported the programme and also for their positive feedback, we now look forward to having a very ACTIVE October break.



## Volunteering

Volunteer Sport Coaches are the life line to the continued success and sustainability of Sport Clubs in the Borders and a great thanks is sent to all those involved so far. Scottish Borders Council has recently appointed Debra Martin as the new coaching development officer. Debra's appointment will help boost the workforce of volunteer sports coaches across the Borders. Through partnership work with Active Schools, a new Coach Development Programme will be produced offering volunteers of all abilities the opportunity to gain or further develop their coaching skills.

So .....

**Would you like the chance to try something new, meet new people and get a real sense of achievement?**

**If so then why not become a volunteer for Active Schools?**

**You can help yourself as well as other people which would be rewarding as well as fun. Enhance your C.V. and improve your job opportunities and enjoy being part of a team.**

**If you are able to give an hour of your time per week or deliver a weekly session in a 6-8 week block we would love to have you on board.**

**BE A PART OF SOMETHING BIG . . .  
BE A PART OF SBC ACTIVE SCHOOLS!**

# Duns Cluster



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## Active Summer!

Many children were once again very active this summer with Gymnastics, Dance and Surfing proving to be very popular. Most sessions were held at the Berwickshire High School with the obvious exception of Surfing! – Which took place at Coldingham Bay. An activity morning was also held at Coldstream Primary School where the children were involved in lots of team games including Kwik cricket and Rounders. The children enjoyed many other fun activities including the Austin Powers football game... 'Fire the Lasers!'



Surfer

## Hockey & Rugby Festival coming soon...

The 2008 P6-7 Hockey and P5 Rugby festivals will be held at the Berwickshire High School on Wednesday 1st October and will hope to emulate last years success when over 400 children took part.



Hockey Festival

## October Activity Programme

*With the summer programme a distant memory we are now looking forward to the October holiday programme. Brochures should be with children at the end of September.*

## After-School Football at Swinton

Swinton parent and Berwickshire High School PE teacher Colin Gracey has set up a football after school club for P4-P7 boys and girls to take place on the green at Swinton. With help from some of the 6th years at Berwickshire High School the club will run from 3.45pm – 5pm on Mondays.

## Surfs Up!

The surfing held at Coldingham Bay has been incredibly successful over the last 12 months – so much so that tutor Steve Powner and Paddy Dearlove are looking into setting up an after-school surf club. The idea is its very early stages but hopefully something will be up and running within the next 12 months (mainly due to the building work at St Vedas Hotel!).

## Want to help?

We are always looking for volunteers to help with organising clubs or coaching of children during after-school clubs. You may have a specific interest or something you would like to set-up or simply want to get involved. Whatever the case if you are interested please contact Paddy Dearlove on 07785 332723 or e-mail pdearlove@scotborders.gov.uk



After School Surf Club