

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!**

Earlston Cluster



Active Schools Co-ordinator (Primary based)
Derek Napier
Mobile - 07785332719
Email dnapier@scotborders.gov.uk
Base School - Earlston Primary

Kids Get Active During Wet Summer in Earlston

Attendance records hit an all time high at the 2 Summer Sport Festivals run during July and August 2008 in the sport facilities of Earlston High School. with over 120 children taking part.

In July, kids ageing from 5-12 took part in Tennis, Hockey, Athletics, multi sports, Games club and American football, a new exciting sport to the area delivered by local coach Andrew Ross which the children enjoyed during the 3 day event.

The second festival ran in the last week of the holidays which proved most popular and focused on gymnastics and Dance. Gymnastics sessions were run by Earlston Gymnastics Club top coaches Linda and Lisa and dance workshops were delivered by Fiona Muir which also proved very popular.

The gymnastics and dance festival dates were picked to fit in with a special visit of a Czech Republic gymnastic squad visiting Annandale and Eskdale. Over 25 Earlston gymnastics club junior members attended the display



on Monday 11th which gave them lots of inspiration and then took part in a master class run over 3 days as part of the Active School Festival. Earlston Active Schools Coordinator Derek Napier believes it is important not only to run taster sessions in the sports offered but to develop pathways to excellence by creating these opportunities through strong club links.

The next Active School festival shall be run during the Easter break 09 when brochures shall be despatched, so book early to avoid disappointment.



AFTERSCHOOL/ LUNCHTIME CLUBS

Lunch time and Afterschool clubs shall be organised and run by Active Schools throughout the year and invitations shall be sent to local club members to attend and run some sessions where possible to help forge strong club links and encourage children to join sport clubs in our area.

In order to get more children active we need to get more parent volunteers involved in sports clubs and cycle training. Should you be interested or require more information please use the contact details at the top of the page

Dates for the Diary 2008/09

7 October	P6/7 Hockey Festival P5 Tag Rugby Festival	Gibson Park, Melrose 10-12pm Melrose Rugby Football Stadium 10-12pm
6 November	Small Schools Mixed Netball	Queens Centre, Galashiels 9-1pm
29 January	Area Netball Tournament	Queens Centre, Galashiels 4-6pm

