

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!**

Galashiels Cluster



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Summer Holiday Activity Programme A Big Success

The summer holidays witnessed the most extensive sport and activity programme ever in Galashiels, with opportunities to try a wide variety of activities. Active Schools, Sports Development, the Borders Sport and Leisure Trust, and local sports clubs all offered activities such as football, swimming, activity and kidz club packages, rugby, athletics, hockey, cricket, hip hop dance, mountain biking, golf, and cheerleading.

Over 300 different children participated in the programme, which was led by qualified coaching staff, Active Schools Co-ordinators, and Sports Development Officers. Everybody present had a great time developing their skills, and participating in lots of fun games.

With so much interest in the summer programme, Active Schools, Sports Development and Borders Sport and



Leisure Trust have joined forces again to produce an October Holiday Activity week featuring football, swimming, athletics, tennis, basketball, funky fitness, activity camps and lots more. Look out for the brochure in schoolbags from the middle of September.

From Beijing to Burgh



To celebrate the end of the Beijing Olympic Games and the official handover of the Olympic flag to London, P7 pupils at Burgh Primary School received the unique opportunity to get inspired for the London 2012 Games thanks to a visit from the official London 2012 flag. The flag was one of only 500 in Great Britain and was also a way of marking the incredible achievement of Great Britain's athletes in Beijing.

Pupils at Burgh had the opportunity to ask questions about the Olympics, reveal what they had enjoyed watching during the Games, and talk about the sports and activities that they currently participate in. In addition, pupils had fun measuring out some of the current World Record distances and comparing their efforts.

4 years until London 2012 may seem like a long wait but Active Schools will be motivating pupils across the Galashiels schools to participate in a wide range of activities right now.

GALA SCHOOLS TAKE THE CRICKET CHALLENGE

In spite of an incredibly hectic summer term, numerous schools found the time to participate in the annual cricket challenge day at the public park in Galashiels. Run as a joint venture between the Active Schools Co-ordinator and the Cricket Development Officer, the programme targets P4/5 pupils and introduces them to the fundamental skills of cricket (bowling, batting, fielding, catching, throwing).



The cricket officer and Active Schools Co-ordinator visited schools for a 3-4 week period prior to the challenge day to prepare each school for the challenges they would face on the day. Pupils from Caddonfoot, Glendinning, Burgh, and Balmoral enjoyed a fantastic morning of cricket challenges and games, showing that all the hard work in the lead up to the day had paid off. All pupils also displayed excellent sportsmanship and were a credit to their schools.

DATES OF FORTHCOMING EVENTS/FESTIVALS

8th October 08	P6/7 Hockey Festival	10-12noon	Netherdale
8th October 08	P5 Rugby Festival	10-12noon	Netherdale
6th November 08	P5/6/7 Small Schools Mixed Netball Competition	10-1pm	Queens Centre
20th November 08	P6/7 Sportshall Athletics	10-12noon	Queens Centre
29th January 09	P5/6/7 Gala Area Netball Competition (Girls Only)	4-6pm	Queens Centre
19th February 09	P5/6/7 Regional Netball Finals (Girls Only)	10-1pm	Queens Centre

Please note that parents are most welcome to come and watch any festivals/events

CAN YOU HELP ACTIVE SCHOOLS?

As the Active Schools Programme continues to expand to offer more and more children the opportunity to be active, the need for more volunteers also increases.

Are you a parent who feels that you could help with the Active Schools Programme? There are opportunities to get involved with after school clubs (for all ages) in a range of activities and school cycling training throughout the year.

Our Active Schools Training Programme comes out in October and there will be a wide range of training opportunities that may interest you. You can contact your school or Active Schools Co-ordinator directly.