

ACTIVE SCHOOLS NEWSLETTER



November 2020



Getting Back to It!

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It has been a strange eight months for everyone, including the Live Borders Active Schools Team! From assisting with summer hubs, to helping run Live Borders indoor and outdoor facilities as they re-open, we have really missed being in schools and working with our young people, volunteers and community clubs! As we patiently await the go-ahead to re-start our extra-curricular programmes, we thought we'd give you an update on what we have been working away on in the background, so we're ready to come back stronger than ever.

Olympic & Paralympic Passport 2021

The Active Schools Team launched the Training for Tokyo 2020 Passport to coincide with the Olympic and Paralympic Games. Unfortunately the programme and Games were postponed due to Covid-19; however, we're delighted to be launching a new Passport on 1 February 2021! The main aim of the Passport is still to encourage as many children to try new and different sporting activities in line with the Tokyo Games. We've made some changes to make sure the programme is inclusive for all – these will all be explained in the information letter, along with how the new Passport will work.



Every P1-7 pupil will receive their new Tokyo Passport in January!

Active Schools Online!

We now have our own YouTube channel, providing virtual challenges, sport-specific skills and fitness sessions that you can do in your very own home! Challenges will be uploaded every Monday (4.30pm), Wednesday (4.30pm) and Friday (3pm) - plenty time to join in after school! We will also be launching a brand new online Fit for Girls programme, with follow along fitness classes with Live Borders instructors (watch this space for more details!). Follow the link below to visit our YouTube channel; we already have some challenges and activities uploaded, why not give them a go?! <https://www.youtube.com/channel/UCBaV-L7vWZH-JbTCRtkqY0Q>



Videos will also be uploaded on to our cluster Facebook and Instagram pages, so you can join us there too! Who is brave enough to take on our coordinators in our weekly challenges?!

Young Leader Academy



The YLA was devised with a view to investing in youngsters as coaches now and in the future

Active Schools recognises the importance of young people leading and coaching in sport and feels there is a need to specifically target talented young people with a passion and energy for coaching. While the current climate is still ever-changing and unpredictable, Active Schools is delighted to once again be rolling out the Young Leader Academy in each of the nine cluster high schools, albeit slightly differently to normal. We look to invest in young coaches by providing them with the qualifications, skills and continued support needed to make a real difference in their school and community.



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Follow our step-by-step guides to get back to it

Getting You Back Safely

Live Borders is delighted to finally be welcoming you back to its leisure centres and facilities! We are taking a measured and phased approach to get you back safely and can't wait to see you back in to our pools, gyms, museums and libraries! Our services will remain under review in line with Scottish Government guidelines, so take a look at our website to check when services are open and how our new online booking system works:

<https://www.liveborders.org.uk/health/reopening-our-facilities/>

To make sure your visit is as safe as possible, we've put new hygiene measures in place. Your cooperation, along with the safety measures and all the efforts from our staff, will help keep our facilities safe for everyone. If you haven't yet made it back, please follow the below link to familiarise yourself with the new measures, so you know what to expect when you do come back to join us:

<https://www.liveborders.org.uk/health/getting-you-back-safely/>

When our Active Schools Team get the go ahead to re-start our extra-curricular programmes, we will also have new procedures in place in order to keep everyone as safe as possible. We have devised a 'Returning to Sport' document for both parents/participants and volunteers/coaches, which will outline guidance on our new procedures. These will be communicated to all prior to our return.



Helping our communities become healthier, happier and stronger

Explore our Beautiful Borders this Autumn!

Jim Clark Motorsport Museum



[Celebrate the life and inspiring racing career of one of the greatest racing drivers of all time](#)

Harestanes Countryside Visitor Centre



[Warm yourself with a hot takeaway drink and tasty treat after a play in our park or walk in our woodlands](#)

Connect & Collect



[Cosy up with your favourite book using our click and collect service or by visiting Galashiels Library](#)

Borders Textile Towerhouse



[Enjoy displays, demonstrations and exhibitions by crafters and artists living and working in the Scottish Borders](#)

For more information go to:
www.liveborders.org.uk

