

ACTIVE SCHOOLS NEWSLETTER



August 2021



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Supported by Scottish Borders Council and Scottish Government funding, the national 'Get into Summer' campaign was pulled together to help children, young people and families reconnect and re-engage with their local communities and the environment and provide opportunities to socialise, following a challenging period for everyone due to the COVID-19 pandemic. The funding allowed local authorities to build on their own regular summer programmes and boost opportunities for those who have faced the greatest challenges by offering a range of activities focusing on mental health and well-being. The Live Borders Active Schools Team, along with other areas of the business, have worked tirelessly during the summer holidays to provide a wide and varied programme of activities to keep young people and their families busy and engaged during their extended summer break.

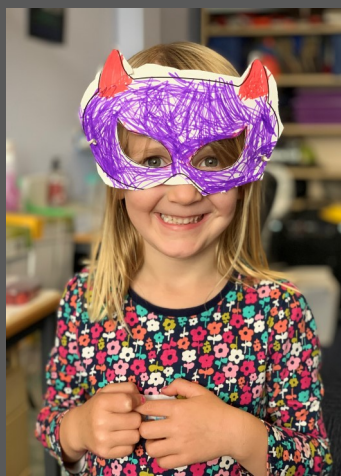
Active Schools Sport & Activity Camps

We were delighted to see the return of our Sport and Activity Camps this summer! Camps ran across all nine cluster areas and once again brought together a combination of sport and art to provide fun-filled days for primary 1-7 pupils. Eighteen qualified Activity Leaders delivered the day-long programmes, which had 1996 attendances (89% occupancy) over seven weeks. We hope you all had as much fun as we did!

"Best week ever!"

"I had a lot of fun, thank you for making me better at sports"

"Holiday camp is great, it gets 1,000,000,000,034 out of 10"



Sports Development Camps

The Live Borders Sports Development Team spent their summer travelling across the Borders delivering multi-sport camps in Hawick, Kelso, Peebles, Eyemouth and Galashiels. With tennis, hockey, football, gymnastics, badminton and athletics, the 90 P1-7 pupils who attended each week, certainly weren't short of choice of sport! Camps were fully inclusive and delivered by an army of Live Borders coaches and qualified local club coaches, who we thank greatly for their time and expertise!



Summer Camps go off with a BANG!

Summer saw a great partnership between Live Borders and Borders Additional Needs Group (BANG). The Sports, Arts and Creative services delivered a series of five one-day camps at Tweedbank Sports Complex for young people with learning, sensory and physical disabilities. Thirty five young people and their families attended the sessions, which weren't just aimed at the children but also allowed time for parents/carers to get together for invaluable peer support.



"The wide array of activities has meant there has been something for all ages & abilities" (Parent)

"It is inspiring to be able to coach children with a variety of disabilities, giving them the experience to try new sports" (Coach)

"We just cannot wait to do it all again. It has been epic" (BANG organiser)

"Being involved in the Get into Summer programme has allowed us to grow and expand our normal provision, and in doing so, has increased the opportunities for children and young people to re-engage in fun activities through the summer. We hope that for many, this will be the springboard for them to continue their participation in a variety of activities that promote healthier, happier, and stronger lives". Graeme Murdoch, Active Communities Manager



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Early Years Play Camps

Our Early Years Play Camps were held in Eyemouth, Peebles, Hawick, Gala and Kelso and invited children aged five or younger to come along and take part in a mixture of sport, arts and crafts, story time and play. Not only did the children get to try their hand at hockey, rugby, athletics, tennis and football, they also got the opportunity to be creative with their artwork.



"The early years play session at Burnfoot was outstanding. Amazing work guys, thanks, kids loved it!"

"We have really appreciated the play sessions during the holidays and the kids really enjoyed them. Ross, Kirsty and Gwen are always welcoming and the children look forward to all the activities they have done with them".

Holiday Camp Impact on Health & Well-Being of Children & Young People

- * 63% of C&YP reported an increase in their resilience when having to deal with day-to-day problems
- * 55% of C&YP reported an improvement in their self-confidence through their participation
- * 35% of C&YP reported their participation had reduced their feelings of loneliness
- * 81% of C&YP reported they had greater confidence to attend further sport and physical activity opportunities in their schools and wider communities
- * 79% of C&YP felt they had made new friends as a result of attending holiday camps

Museums & Galleries

Play with Clay, Catch Some Rays, Brilliant Bugs, Bernat's Bags - it was all happening this summer in our museums and galleries! Inspired by the colourful textiles of Bernat Klein on display at the Textile Towerhouse in Hawick, we printed our own tote bags with colourful designs; we used our imaginations at Mary Queen of Scot's House in Jedburgh to create



prints from natural materials using one of the earliest photographic techniques; we bug hunted round the grounds of Hawick Museum using nets and magnifying glasses to investigate and identify different insects and bug life; we played with clay and made our own scarab beetles and pinch pots, inspired by Hawick's ancient Egyptian pottery collection! We're not

sure how much more we could have fitted in! Thank you to all 440 of you who joined us at some point along the way!

Leisure Centres & Pools

Our leisure centres were delighted to be able to offer FREE family and fun sessions throughout the summer holidays! This included public swimming, inflatable fun, family swims, flumes and diving sessions. With over 6,500 spaces booked throughout July and August, you guys seemed to be delighted about it too!

Active School: What's Next?!

The Active Schools Team would like to welcome back all pupils, staff, parents, volunteers and clubs! With restrictions finally starting to ease, we cannot wait to start working with you all again and be able to offer our full compliment of extra-curricular opportunities and calendar of events and competitions!

As we kick off a new term, we also want to welcome Lauren and Rebekah to the team and wish them good luck in their new roles!



[Lauren Grant](#)

Cluster: Jedburgh (Primary & Secondary) & Hawick (Secondary)

Most looking forward to: "Seeing kids being active again after the pandemic, making new friends and having fun playing different sports"



[Rebekah Herbert](#)

Cluster: Berwickshire (Primary & Secondary)

Most looking forward to: "Organising lots of fun clubs and activities to help foster a love and passion for sport and exercise in local young people"

