

ACTIVE SCHOOLS NEWSLETTER



October 2021



In this Issue

The focus of this month's newsletter is 'Women & Girls in Sport'. We want to promote and celebrate sport and physical activity for girls in line with the SportScotland 'Active Girls Day' and the Active Scotland 'Scottish Women & Girls in Sport Week', both of which take place during the month of October.

Active Girls Day is an annual initiative celebrating the amazing work which goes on in girls' sport, the progress around girls' participation and the incredible role models making it happen. While it is important for everyone to be physically active, a number of factors have been identified as barriers to girls participation. While progress has been made to reduce these barriers, there remains a significant difference between participation rates in teenage girls and boys. In this newsletter we look to celebrate some of the fantastic targeted work currently happening in the Borders and the inspirational people leading these opportunities, which are helping to reduce this participation gap. [#ActiveGirls](#) [#SheCanSheWill](#)

#ActiveGirls in the Scottish Borders

Extra-curricular is back and it's been fantastic to hear about the number of girls opportunities which are already on offer this term. Football has kicked off in Gala Earlstoun and Peebles high schools (Hawick will begin after the holidays), while rugby has also made a great start, with clubs running in Earlstoun, Selkirk, Peebles, Berwickshire, Kelso and Gala in collaboration with their local rugby clubs and their Development Officers. High school netball has bounced back in Kelso, Gala, Jedburgh, Hawick and Berwickshire, with Earlstoun also kicking off again after the October break. Earlstoun has also seen the start of a lunchtime dance club led by senior pupils.



Meanwhile in Gala, Active Schools has teamed up with Focus Judo to offer P1-S6 girls judo taster sessions. Eighteen girls signed up to be given an introduction to the sport and an insight to the club which is based in Galashiels. This opportunity has been fantastic - both Active Schools and Focus Judo are hopeful lots of these girls will go on to join the club on a more regular basis as a result of these tasters.

Female Athletes Inspire Next Generation

Samantha Kinghorn: Borders Paralympian Sammi (25), won two medals at the recent Tokyo 2021 Paralympics. She brought home Bronze in the 100m Final and Silver in the 400m Final. What a fantastic achievement and such a great inspiration to girls - don't let anything stop you chasing your dreams!



Emma Raducanu: Women's US Open Champion. She is the first British Woman to win a Grand Slam singles title since 1977. Emma is only 18 years old and started playing tennis at the age of five. It just goes to show, dreams can come true at a young age - never give up!

Sarah Robertson: Selkirk's Sarah Robertson (27) brought home Olympic team Bronze with the GB Hockey Team this summer, having beaten India 4-3 in a thrilling match. Not only did they win, but Sarah was a goal scorer! She has no doubt inspired many girls across the region, especially those from her ex-hockey club, Fjordhus Reivers!



These athletes, amongst so many others, are a true inspiration to girls in sport. Try something new, don't let anything get in your way, stick in, give 100% and you never know, you could be the next Sammi, Emma or Sarah!



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Coaching Spotlight

Continuing on with our 'Woman & Girls in Sport' theme, we thought what better way to celebrate it, than showcasing some of the great work of female coaches that is happening right here in the Borders.

Julie Patterson has been coaching on and off since 1993, when she first started an after school club during her first teaching job at Stirches PS. She was interested in all sports and loved being outside and nurturing a different side to the children from work in the classroom. Whilst she currently coaches netball and cricket at Denholm PS, she has also dabbled in rugby, football and basketball over the years! Bill McLaren and May Sinclair were big inspirations to her growing up – both for their passion for sport and fostering sporting etiquette on and off the pitch.

However, ultimately the children themselves inspire Julie to coach - *"Through sport, they develop and show their personalities and it is a privilege to be part of that. My favourite part about coaching is watching the self-confidence of children grow"*.

Inspired by her dad, whose old school method of coaching made her realise that you don't need fancy equipment or methods to coach, just a desire to want to be better, PE teacher **Stacey Hare** started coaching at high school when, at the age of 16, she took on a social basketball team. She began coaching because she loved the idea of passing what she loved about being part of a team, on to others. On moving to Scotland, Stacey took up netball because she liked how you have to have some degree of intelligence to play the sport. She currently coaches S1-S6s at Jedburgh Grammar Campus and Berwickshire High School. Her favourite thing about coaching is developing relationships and creating an environment where people can come to escape, develop and have fun. *"It's pure joy to turn up to training or a game where the players are just so happy to be there"*.



Active Schools Update

We've gone digital! For those of you who have yet to sign your child up to an extra-curricular club this term, when you do, you will notice a change! Simply click the link on your letter - this will take you to our new **JotForm** booking system. Select the club you wish to book your child on to and fill in the required information. On submitting your form, you will receive a thank you message. All places will then be confirmed via email by your Active Schools Coordinator.



The Active Schools Team was delighted to kick off the new school year with a new **extra-curricular programme**. While some schools are understandably still taking this cautiously, we have still managed to help get over 135 primary and secondary clubs up and running again prior to the October break. With the confirmed return of our festival and events calendar, we are looking forward to getting more clubs started after the holidays, in preparation for our first events. Going forward, Active Schools is looking to make all its extra-curricular activity free - this will hopefully encourage even more participation from P1-S6!

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