

# ACTIVE SCHOOLS NEWSLETTER



February 2022



## Being Active

Our SportScotland theme for February, 'Being Active' - something at the very heart of Active Schools. Incorporating sport and physical activity into daily routines and encouraging everyone to try being **#ActiveEveryDay** is so important to us all. One of the key aims of Active Schools is to provide more and higher quality opportunities to take part in sport and physical activity before school, during lunchtime and after school. We have been delighted to get these opportunities back up and running this term and have everything crossed that our indoor festivals and events will also be back very soon!



While we're on the subject of being **#ActiveEveryDay**, we plan to help you with this during our **Easter Holiday Camps**! Yes, they are back! The Active Schools and Sports Development Teams will be running camps across the Borders this Easter break! There really will be no excuse for not being active! Keep an eye on our social media channels soon for booking details!

Our theme for March is 'Inclusion'. It is important for everyone to take part in sport and physical activity, however, some groups face different barriers to participation, which requires a more targeted approach. Active Schools works hard alongside its schools and partners to deliver targeted programmes throughout the school year. A great example of this is our current joint work with the Live Borders Sports Development Team, delivering the Push on Boccia (PoB) programme in our high schools – see below to find out more! **#SportForAll**

## Push On Boccia

The PoB programme, run by Alan Oliver and his team, is in full swing! Coaches Ryan and Jordan have completed 4-week blocks with the enhanced provision units at Peebles HS and Gala Academy. Pupils have developed their boccia skills, while their teachers have been working alongside the coaches to learn basic practices and rules, which we hope will allow them to confidently deliver sessions on their own. This term the team move on to Hawick HS and Jedburgh Grammar!

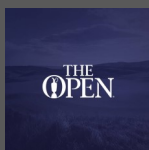


## Coach and Club Spotlighting

Do you follow Active Schools on social media? If not, why not?! You will find us on Facebook, Twitter and Instagram - please give us a follow! As part of our social media drive this year, each month we will be throwing a spotlight on our local clubs, volunteers and coaches and highlighting the important role they play in helping us get young people in the Scottish Borders healthier, happier and stronger. The impact they have on the young people in our communities is huge and this is just one way of us saying thank you for all that they do and the difference they make. We hope these spotlights will encourage you to try something new, support your local clubs and hopefully inspire you to get involved and give something back to your community!



Tying in nicely with our monthly spotlighting and social media drive, this year we will also be highlighting major sporting events in the UK and further afield. Hoping you will be inspired by what you see in the stadiums, courts and fairways, we will show you where and when you can get involved locally in your community.



We will use these events as an opportunity to build stronger school-club links with our local clubs, with the aim of raising club awareness and creating continuity between school and community sport, to enable pupils to further their enjoyment skills and experience by participating in their local community.



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## Partnerships in Action

This year the Active Schools Team has joined forces with Borders College Sports Coaching and Development course, which has between 50-60 students working towards their Level 7 or Level 8 HND/HNC. Active Schools will help provide coaching placements for the students within both primary and secondary settings, supporting current extra-curricular opportunities, as well as starting new ones. At present, we have no fewer than 10 students involved in our programmes, with even more out volunteering at local community clubs.



In addition to extra-curricular, the students also help support our annual Primary Sportshall Athletics events, which without them, would be unable to run. Lecturer Nikki Walker said: **“Borders College and Live Borders coaching placement partnership has been excellent during the academic year of 2021/22. Firstly, it’s just fantastic to have so much sport providing children opportunities to stay active while having fun engaging with others. Live Borders/Active Schools activities allow Borders College students the opportunity to go out and help lead on delivery while also allowing our lectures to be contextualised through students sharing their experiences. With the partnership growing in the future, this will mean even more sports, activities, events and student experiences can be provided through 2022/23 and beyond”.**

## Active Schools Needs You!

Our new partnership with Borders College has given the Active Schools Team a real boost in terms of volunteers this year, but we are always on the lookout for more of you to help with our



extra-curricular sport and physical activity programmes! Could you spare one hour a week for four weeks to help inspire our young people? Whether you are looking to build your own confidence and skills, gain experience for a university or college application, or simply want



to give something back to your community, volunteering with us could be for you! You would be fully supported by the Active Schools Team and you would only deliver what you felt

comfortable delivering. If you are interested in joining us, or simply finding out more about what volunteering would involve, please follow the link and your local Active Schools Coordinator will be in touch: <https://form.jotform.com/213043135461343>.

## Live Borders Sport & Fitness

COVID-19 put the brakes on our normal New Year membership offer, so we thought we better make up for it now restrictions are easing! Help spread the word to friends and family about this amazing offer when joining our gyms, swimming pools and fitness classes.



New members can take out a single activity membership and save £18.50/month for the first three months. New One Club members will save £22/month for three months. This offer will end on Monday 28 February - follow the link now so you don't miss out: [bit.ly/lbnew22](http://bit.ly/lbnew22).

## Triathlon Series Returns!

Are you looking for a new challenge for 2022? After two years, we are delighted that our Triathlon Series is back! Although reduced in size, it will still consist of 11 events across four of our sites, starting in Galashiels on 16 and 17 April.



The events vary from beginner suitable 'Come & Tri' events, 'Sprint' races, as well as three junior events and the annual Peebles Duathlon. Entry into the 2022 Triathlon Series is now open: visit [bit.ly/LBtriathlon](http://bit.ly/LBtriathlon) to find out more and to book your place!

