

ACTIVE SCHOOLS NEWSLETTER

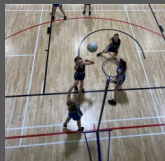


April 2022



Term Two Round Up

Active Schools inter-school competitions made a very welcome return following the February break. While some schools were still taking a cautious approach, a few clusters managed to get some smaller scale events back up and running again, with 1033 young people taking part in 12 events between February break and Easter.



Extra-curricular programmes went from strength-to-strength, with 4,420 young people from P1-S6 taking part in an extra-curricular club at some point during the term. These opportunities were delivered by no fewer than 367 volunteers!

The team continued to strengthen its school-club links, with 60 links being made between January and April. A new partnership has also been made between three secondary schools and the Ettrick Forest Archers in Selkirk - see below for more!

Active Schools Easter Activity Camp

Easter Activity Camps were officially back on Monday 4 April! The Active Schools team ran camps across each high school cluster, which saw no fewer than 752 participant visits over the two-week period. Ten coaches ran a mixture of sport and art activities, keeping pupils entertained from 9am-3pm. Ava, age 7, said: *"It wasn't just good, it was super good!"*, when asked how her day at the Gala camp had been!



Sports Development Easter Camp

Sixteen children attended the one day Sports Development Camp at Priorsford Primary School in Peebles. They tried their hand at athletics, tennis and gymnastics, and were thoroughly enjoyed by everyone. It was great to see everyone embracing and putting 100% into each of the sports. Gerry Moss (Gala Harriers Club Together Officer) said: *"It was great to see the kids giving all aspects of athletics a good go!"*.



Sport for Change Easter Camp

The Borders Sport for Change morning, in partnership with Live Borders Sports Development, Borders Disability Sport and BANG, brought together 30 young people with disabilities, and their families, for a morning of fun at Tweedbank Sports Complex. Not only were the young people able to socialise with their friends, it also gave them the opportunity to try a variety of new sports (boccia, archery, tennis and biking) and get arty at the craft workshop. The trikes turned out to be a big favourite for all and the specially adapted hand cycle allowed young people with complex needs to tear up the Tweedbank track. One participant said: *"I loved the bikes - even my mum couldn't catch me on the track!"*.

No sooner does one holiday finish, another one appears on the horizon. Summer camps will return in July, with two weeks Active Schools activity camps running in every high school cluster and Sports Development camps running at various locations throughout the region. Keep an eye on social media in the coming months regarding timetables and bookings.



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Here Comes Term Three!

The summer term always comes and goes in a flash and this one looks to be no different! Along with the return of sports days, there is lots to look forward to!

Gala Primary P6/7 Basketball: **29 April / 6 May / 13 May**

Primary Sportshall Finals: **Thursday 5 May**

Hawick Primary Basketball Festival: **Friday 6 May**

East Regional Sportshall Finals: **Wednesday 11 May**

Primary 6 Jubilee Cricket Festival (Selkirk): **Thursday 2 June**

Mini Olympics (Selkirk / Gala / Earlston): **Monday 13 June**

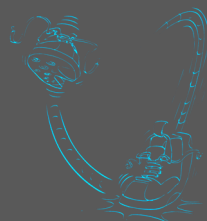
Border Schools Athletics: **Tuesday 14 June**

Hawick Inter-School Athletics: **Thursday 16 June**

Kelso/Jedburgh Inter-School Athletics: **TBC**

Berwickshire Inter-School Athletics (Eyemouth / Duns): **TBC**

Peebles Inter-School Athletics: **TBC**



Ettrick Forest Archers Come and Try Day

On Saturday 23 April, Ettrick Forest Archers (EFA) hosted a come and try longbow archery day at Tweedbank Sports Complex for S1-S6 pupils from Selkirk, Gala and Earlston clusters. The club received funding from 'Build Back Better Borders' to enable them to open up 10 discounted membership places to pupils from the Eildon area, as well as purchase equipment to support their training and competitions.



Thirty three pupils attended the event and EFA are hopeful some of these pupils will choose archery as a hobby and become a member of the club. Big thank you goes to Elaine Pearson, Douglas Anderson and their team for organising such a great event and providing this new opportunity. Active Schools looks forward to hearing how any new members get on and their progress over the season!

Fond Farewells



In April we bid farewell to Alan Oliver, Live Borders Disability Development Officer of 10 years. Alan worked closely with the Active Schools Team as part of his role and also linked in with cycling and tennis, overseeing the target sport partnerships. Alan will be a huge miss to the company and Active Communities Team - the opportunities he has organised for young people across the Scottish Borders has been amazing. Alan told us: ***"My favourite part of the job was seeing so many happy faces taking part in sport and their sense of achievement – 'I can do this!'. Also, watching young people grow in confidence and providing the opportunities for them!"***. Alan has already started his new role as a Participation Officer with Scottish Golf and we wish him all the very best!

Mental Health Awareness Week (9 - 13 May)

Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing. Joining the Togetherall community helps empower people to seek and provide support for their mental health and well-being, in a welcoming and safe environment. No judgement. No stigma. This is a place where anyone can begin their journey towards better mental health. The platform promotes a sense of belonging and connection through community. They are accessible anywhere, anytime, 24/7. Find out more at [Togetherall.com](https://www.togetherall.com).

Is loneliness the new normal?

How to deal with feelings of loneliness and isolation

