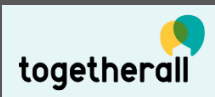


#MentalHealthMatters

In May we helped raise awareness of Mental Health and the benefits sport and physical activity can have on this.

Physical activity relieves tension and stress, boosts physical and mental energy and enhances well-being. As well as physical and mental benefits, sport and exercise can bring communities together, making socialising a lot easier. Confidence can be a barrier for many people and by socialising more and activities being inclusive to everyone's needs, this can make a big difference to one's mental health. There are so many Mental Health Services now available to adults and young people, including [SamH](#), [Togetherall](#), [Kooth](#) and [Mind](#).



We recently talked to Scotland & GB Hockey player Sarah Robertson about the awareness of mental health and the impact this can have on elite athletes and this is what she had to say:

"Being physically active for me is a huge part of my mental health. I love the feeling you get after exercise, whether it's just going outside for a stroll and soaking up the fresh air or pushing myself hard in a session. I always aim to do 10,000 steps a day as a simple way to make sure I've moved enough."



"Within sport at the top level there is a huge awareness of mental health at the moment. Being a good team mate involves checking in on each other, asking how you really are. You help and look out for others and in turn they look out for you."

I would encourage everyone to get moving and try something new if you are currently inactive. Whether that's a small walk round the block every day or getting back involved with a sport that you've fallen away from. Or even better, trying something completely new. The Borders is an amazing place to play sport and enjoy the outdoors - make the most of it!"

With the summer approaching and new seasons only recently started for some sports, now would seem the perfect time to remind all clubs about the free SportScotland Mental Health and Wellbeing E-Learning Module. This is designed for players, coaches, parents and officials in sport and physical activity and looks to help clubs support its members, understand what is meant by mental health and how to signpost. <https://sportscotland.info/mentalhealth/#/>

Sportshall Success for Border Schools!

Thursday 5 May finally saw us able to run our Primary Sportshall Final at the Queens Centre in Gala and what a day we had! The top two finishing teams from our area competitions earlier in the year, came together to fight it out for a place in the East Regional Finals. The leaderboard changed throughout the morning, the sportsmanship was insane and the noise levels were off the scale. Priorsford PS stormed away with the victory, with an ecstatic Melrose PS in second place and earning their first ever place at the Regional Finals (pipping Kingsland by only two points)!



So it was off to the Finals they went on Wednesday 11 May at the Oriam in Edinburgh. Eight teams from across the East Region competed for the 2022 title and the Borders certainly did themselves proud! The morning programme consisted of six track and six field events and following two hours of hotly contested athletics, Active Schools was delighted to report that Priorsford came home with silver and Melrose with bronze! The second and third best in the East of Scotland - amazing!!



ACTIVE SCHOOLS NEWSLETTER



Summer Term 2022



Rock Up & Ride

Active Schools teamed up with Scottish Cycling and local cycling clubs KICC and Cranked to pilot the 'Rock Up & Ride' programme in the Tweeddale cluster. The programme is part of the Scottish Government's commitment to providing access to bikes for school age children who couldn't otherwise afford them. It involved a series of fun, free and easy to access sessions aimed at children aged 7-14 years.



The pilot included approximately 90 children, made up of pupils from five primary schools and Peebles HS. Local qualified coaches from KICC and Cranked cycling clubs delivered four weeks of cycling sessions to build the children's skills and confidence. On completion of the project, all children received a free bike, helmet, cycling gloves and padlock, which they got to take home and keep.

The project proved a huge success and the children have been really excited about their new bikes! Whether they have been learning to ride for the first time or developing their skills, they will now have the chance to keep active and enjoy their bike for everyday journeys, such as cycling to school or nipping to their friends.

Young Coach Academy Update

Throughout Covid we haven't been able to run this programme as normal, so it has been great being able to get our young people back out coaching in our schools and communities. We have had 19 S5 pupils involved in the programme this year, with a number of courses and certificates being achieved: UKCC Level 1s (8), SportScotland Introduction to Coaching Children (15), Emergency First Aid (10) and Mental Health Training (7). We are looking forward to watching the group continuing on their coaching journey following the summer break.

Leadership 2022/23

We have been making some changes to the programmes that we offer in our leadership pathway. We will be recruiting new S5s for our Young Leader Academy, so keep an eye out in your high school for information regarding this. We will also have some new opportunities for P6 through to S4, which will be a great addition to our current programmes, although this may vary slightly in each cluster.

Get in to Summer Camps are Back!

We're almost there! Next week our summer activity camps are back with a bang! From Active Schools Activity Camps in all nine cluster high schools, to Sport Specific Camps with our Sports Development team, Museum and library activities and additional support needs family camps, there is something for everyone this summer! Follow the link to find out what spaces we have left: bit.ly/LBGIS



New Sports Development Officer Appointment!

The Active Schools Team is delighted with the appointment of Greig Shortreed as the new Disability Sports Development Officer for the Scottish Borders! This post is delivered in partnership with Borders Disability Sport, the voluntary organisation who work with us to coordinate the disability programme. Greig has worked both professionally and in a voluntary capacity within the disability sports field for a number of years. He has a strong passion and drive to develop disability sport further and to build on the current disability programme. He will also look to strengthen links with Borders Disability Sport, Scottish Disability Sport and the numerous community partners the department currently works with. Active Schools is very much looking forward to working alongside Greig, supporting the numerous targeted programmes we already have up and running, as well as lots of new and exciting opportunities.



School's Out!

Wow, what a term it has been! Our first 'normal' summer term in three years - we'd forgotten just how busy it can be! So much happening, so many successes, so many highs and so much to be thankful for! To everyone we have worked with this year - THANK YOU! Here is to a safe, happy and sunny summer and we cannot wait to see everyone again in August once the schools return - happy summer everyone!

