

# ACTIVE SCHOOLS NEWSLETTER



March 2023



## Health and Wellbeing #SportForHealth

In December, the team surveyed over 300 P1-S6 pupils across the region to look at the impact of our extra-curricular programmes during term one. The online questionnaire sampled pupils who had recently attended an Active Schools extra-curricular opportunity and we were delighted with the results! Ninety five percent of pupils taking part in our activities had fun, while seventy percent took part in more physical activity since participating in one of our programmes. Eighty eight percent said they were more likely to be active in the future and eighty three percent reported an improved mood. Teamwork, resilience and confidence were reported to be higher following participation too. We hope to have built on this during this term and look forward to more positive feedback: *"It has really increased my confidence as the boys weren't around me shouting. It was great to be able to meet older and younger girls and get to know them a little better"* – P7 pupil.

## Term Two Competition Round Up

We have had a busy term of competitions! Sportshall Athletics qualifying rounds took place in Peebles, Gala/Selkirk and Earlston/Kelso at the start of the term, with Priorsford, Kingsland, Knowepark, St Peter's, Melrose and Lauder qualifying for the Border Final. What a high standard it was this year! Taking home the trophy was Priorsford, with Melrose coming a close second. Good luck to both teams who go on to represent the Borders at the East Regional Finals in April!



We were very excited to host our first Small Schools Basketball Competition in February, with 15 teams from across the Borders taking to the court. Teams played across three pools, with the overall winners of each pool playing in a round robin final. Congratulations to our top three teams: Newtown (1<sup>st</sup>), Denholm (2<sup>nd</sup>) and Westruther and Channelkirk (3<sup>rd</sup>). It was a fantastic day full of end-to-end play, amazing skills and a buzzing atmosphere! Feedback from this competition was very positive: *"What a great experience it was for pupils who attend a small school; a very inclusive competition!"*.

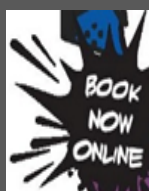


Rounding off term two were Area Basketball and the Border Finals. The top team from each area competition made their way to Gala in March to fight it out for the 2023 Border title. Knowepark, Edenside, Duns, Lauder, Wilton, Priorsford and St Peter's battled it out in a round robin competition. Baskets galore and teamwork to be proud of - what a morning we had! Huge congratulations to Lauder PS who finished the day unbeaten and were deservedly crowned 2023 champions! They were closely followed by Edenside PS in silver position and Wilton PS in bronze.



## Easter Activity Fun

Have you heard about our exciting line-up this Easter break?! We have lots happening across our museums, libraries and sports facilities. Activity camps, disability sports camps, racing simulators, Lego and much more – there is something for all young people aged P1-P7. Follow the link to find out what's happening in your area and where we have spaces left: <https://www.liveborders.org.uk/holiday-activity-camps/>



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## Volunteers in Sport #ThanksForVolunteering

Our yearly events wouldn't happen without the help of officials and helpers. Be it scoring, coaching, time keeping, refereeing, marshalling or a general helper to set up, rake a long jump pit or measure a javelin throw, we simply could not do it without our volunteers. Our busy calendar means we require an army of people throughout the year and we are forever grateful to everyone who supports our events and allows the opportunities to happen. However big or small your part in volunteering, we want to say a massive thank you!



Between August and December we recorded a whopping 467 Active Schools volunteers. This included members of our local communities, school staff, family members, club coaches and our biggest contributor, secondary pupils (108). Due to the importance of our volunteers, in January the team completed Volunteer Management Training with SportScotland. This hugely worthwhile opportunity focused on knowing our organisation and our volunteers. Looking at potential volunteering barriers, removing these barriers, and supporting volunteers, we were able to put action plans in to place, to take forward over the coming months.

## Partnerships in Action

Active Schools has continued to work in partnership with Borders College this year, to provide coaching opportunities for the level 7 Sport and Exercise students. As well as giving students valuable coaching experience, the partnership also provides an opportunity to grow and enhance the Active Schools extra-curricular programme.



In the Tweeddale cluster, Fraser, Jordan and Rhys are in the middle of their third after school football block at St. Ronan's PS. Next term they look to organise a football festival, as well as help with a number of other Tweeddale school events and competitions. In Selkirk, Josh has delivered a six week primary 5 after school basketball block. Pupils have loved this experience, which sets them up nicely for the basketball competitions when in P6!

## Women & Girls in Sport #SportForAll

Primary 5-7 girls in Gala had the opportunity this term to take part in a girls' only multi-sport block, run by students from Borders College. The girls tried four different sports under the guidance of female guest coaches; with each sport having a link to a community sports club should they wish to keep taking part. Not too far away in Earlston, primary 4/5 girls have also had the opportunity to take part in a six week girls' only multi-activity block, led by Earlston HS pupil Keiran Douglas. It has been great to see pupils attending who have yet to take part in an extra-curricular opportunity so far this year.



Active Schools in Earlston are also looking forward to working with Lauder YFC again, with the return of the UEFA Disney Playmakers programme. This will once again be open to all primary 1-3 girls - watch this space for more information!

## Live Borders Sports Development



Our **2023 Triathlon Series** is here! Galashiels, Selkirk, Eyemouth, Kelso or Peebles - take your pick! Live Borders is also thrilled to be able to offer a new Family Participation Event at Selkirk. This is untimed and just for fun – the perfect introduction to the sport! For more info and to book your place click [here](#).

Live Borders is delighted to be supporting the **Border Raider's U13s Cycle Speedway** squad, who will represent the Scottish Borders in the 2023 Cycle Speedway Scottish League. Any U13s keen to find out more about taking part in the league, which starts on 30 April in Fife, should contact Live Borders Club Development Officer, Chris Bryant, for an application form: [CBryant@liveborders.org.uk](mailto:CBryant@liveborders.org.uk).

