

ACTIVE SCHOOLS NEWSLETTER



June 2023



Being Active #ActiveEveryDay

SportScotland's April theme of 'Being Active' is a no brainer for Active Schools. Incorporating sport and physical activity in to daily life, encouraging people to be **#ActiveEveryDay**, is so important for everyone. It doesn't need to be strenuous to be effective, we just aim to help people to get moving. Here is what we have been up to this term to keep our young people active!

Easter Activity Camps

Easter holidays came and went before we knew it and with over 500 spaces over eight camps filled, the Active Schools team were very much ready for their own Easter break! With summer now on the horizon, the team are busy promoting activity camps, along with other offerings from our Sports Development, Libraries and Museums teams. Spaces for some summer fun are still bookable here: <https://www.liveborders.org.uk/summer-holiday-activities/>.



Festival and Event Round Up

As always, the summer term has proved a hugely busy time, with festivals and events taking place throughout. We kicked off with Priorsford and Melrose Primary Schools attending the East Regional Sportshall Final in Edinburgh – they absolutely smashed it out the park, coming home with first and fourth places respectively!

April saw the return of the Eildon Inclusive Sportshall Athletics Festival. This was the first since Covid and included 30 primary and secondary pupils from Gala, Earlston and Selkirk. Joining forces with the Live Borders Sport and Development team, Scottish Disability Sport, Scottish Athletics and Borders College, pupils tested their skills in a number of running, jumping and throwing athletics disciplines, doing so with much enthusiasm and determination. It was fantastic to see this event up and running again and we already cannot wait for the next one!

Tennis festivals in Hawick and Kelso, and a family day at Wilton Bowling Club, rounded off April nicely.



May was a busy one, with no fewer than eight festivals and events happening and 579 pupils taking part. This included swimming galas, area athletics, cricket festivals, rugby transition festivals and football cups.

Wall-to-wall sunshine in June provided the perfect backdrop for the 619 young people who took part in the Eildon Mini Olympics, Hawick Inter-School Athletics, Selkirk Primary Six Cricket Festival and football and tennis festivals in Hawick.

Eighteen festivals and competitions to round off the year – it is fair to say we are back to our pre-pandemic numbers!

Mental Health #MentalHealthMatters

In May, Kingsland Primary School held a Mental Health Awareness Week. As part of this, Active Schools arranged for local club Sportif Judo to deliver two days of taster sessions, with all 340 pupils giving it a go with coaches Preeti and Hannah. Pupils loved the sessions, which helped demonstrate the importance of being physically active and how that can contribute to positive mental health.



Over in Kelso, 12 S4-S6 girls took part in a three-week stress-buster fitness block during study leave. Having successfully "cleared their minds", several are now looking to continue now that exams are finished. Meanwhile, down the road at Kelso Swimming pool, as part of the school's Inspiring Young Minds programme, pupils took part in a 6-week indoor cycling class, to burn off some energy when not completing exams.

There are so many Mental Health Services now available to adults and young people, including [SamH](#), [Togetherall](#), [Kooth](#) and [Mind](#). Our wellbeing is so important, so if you or your young people need some support, these are a great place to start.

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Sport for Communities #BuildingStrongCommunities

Building strong links between schools and local clubs is a key outcome of Active Schools. The summer term always brings about many opportunities to create new and strengthen current links and this term was no different.

Cricket has been a focus in Hawick, Selkirk, Kelso, Berwickshire and Peebles. Curricular programmes, extra-curricular clubs, festivals, taster sessions, Saturday leagues – you name it, it happened! In Duns, 20 primary 4 – S3 pupils enjoyed a taster block at Duns Park Bowling Club. Galashiels, Selkirk, Earlston and Kelso continued to strengthen their link with Gala Harriers, through the delivery of the Future Star Athletics programme.



Many a link was made in Lauder, with Active Schools connecting with Lauder Bowling Club, Volleyball Club, Youth FC, Sportif Judo and Lauderdale Limpers. It has been fantastic to see such a wide range of activities being offered. Meanwhile in Peebles, Active Schools teamed up with West Linton Golf Club to offer taster sessions to P5-P7 pupils, delivered by the club professional and junior convenor.

With hundreds of pupils having been exposed to so many different sports this term, it is hoped they will now have the aspiration and confidence to join up to weekly coaching sessions at their local clubs.

Young Leader Programme 2022/23 Round Up

Our Young Leader Programmes have had a successful and busy academic year. Three tiers of coaching pathways were offered to senior pupils across all nine high schools. Our S5 programmes, the Young Leader Academy (YLA) and Young Coach Programme (YCP), had 26 pupils signed up. Pupils completed UKCC Level 1s in their chosen sport, alongside First Aid training. Meanwhile, 20 young apprentices have been gaining experience prior to applying for either YLA or YCP next year. It is great to see so many senior pupils providing extra-curricular opportunities for primary and secondary pupils and making a real difference in their local communities.



For 2023/24, Active Schools will once again offer the leadership programmes in all nine high schools. Successful YLA candidates will attend training in August and October for Mental Health, Introduction to Coaching Children, First Aid and UK Disability Inclusion. We cannot wait to get started and support our new teams as they begin their coaching journey.

Primary 7 Transition

Each year Active Schools works with PE departments and local clubs to deliver primary 7 transition sessions. These sessions allow pupils to meet new classmates and teachers, familiarise themselves with their new school and PE department, as well as give pupils the opportunity to try out some of the sports they will be able to get involved with once they get to high school.



In Earlston, 91 pupils from 11 primary schools tried out 12 different sports over a 3-week block. Meanwhile in Kelso, pupils had the opportunity to take part in blocks of multi-sports, rugby and hockey. Twenty four pupils in Selkirk attended a 4-week after school netball block at Selkirk HS and in Gala, 53 pupils attended six week blocks of rugby, football, basketball, basketball and hockey. Jedburgh and Hawick also had programmes on offer, with six different sports being offered across the two clusters.

School's Out for Summer!

Wow! What a term and what a year! We literally haven't stopped since we came back in August and we don't intend to stop now! Holiday programmes are upon us and before we know it, we will be back kicking off a new term! We wish all our young people, teachers, school staff, clubs, coaches and partners, a very happy and restful summer break! We look forward to seeing you in August!

