

# ACTIVE SCHOOLS NEWSLETTER



October 2023

It only feels like the summer holidays were a couple of weeks ago, yet here we are at the end of our first term - how on earth did that happen?! I think we will all agree it has been one of the quickest terms known to man and are all very much looking forward to a week to re-charge, re-focus and brace ourselves for the Christmas chaos which lies ahead. The Active Schools Team looks forward to once again giving you a termly run down of what we've been up to, the projects we've been involved with and the difference we are making. This term we focus on SportScotland themes of **Sustainable Sport**, **Sport For Skills** and **Sport For All**.

## Environment

Following their attendance at The Young Ambassador Conference last September, Gala Academy senior pupils Evie and Katie decided to start the 'Kit for All' initiative. Here is what Evie had to say: *"Kit for All is about people bringing in pre-loved sports kit to put in the Kit for All store that we made. We thought it was important to introduce it as people who are less fortunate were able to come in and take anything they needed. We feel this has been very beneficial as many things have been taken out of the store"*. It is fantastic to see Gala Academy doing their bit for the environment and helping make sport more sustainable. Let's see if more schools follow suit! **#SustainableSport**



## Sport For Skills

Sport for Skills looks at transferable skills that sport can bring, be it through participation, coaching, officiating, volunteering or other leadership roles. Active Schools plays a huge role in this through a number of leadership opportunities, many of which are already playing a big part in schools this term.

### 2023/24 Young Leader Academy/Young Coach Programme

Our new Young Leader Academy students kick started their coaching journey in August by attending a Mental Health Workshop, delivered by Susan Falconer (Live Borders Headstrong Coordinator) and an Introduction to Coaching Children Workshop, delivered by SportScotland. On Monday 16 October, the Leaders will attend two further workshops: Emergency First Aid (with local company First Aid Borders) and Disability Inclusion Training (with Live Borders Disability Development Officer, Greig Shortreed). As well as the workshops, Leaders choose a sport to specialise in and the Active Schools Team will source Level 1 (or equivalent) National Governing Body courses for them to attend. They have made a great start to the year, with many already actively coaching in their school and communities, providing other young people with more opportunities to be active.



## Sports Leaders

Earlston HS Level 5 Community Sports Leaders course is up and running again, led by Active Schools Coordinator Gemma Ross. The Leaders have already made a great start to units one and two, looking at key leadership skills, communication and teamwork. Following the October break, the group will deliver their first block of activity to Earlston PS P7s. Meanwhile in Kelso, this year's Leaders enjoyed an umpiring session with Kelso HC, honing their skills ahead of the primary 6/7 hockey festival. After October, they look forward to welcoming Kelso Heartbeat, who will take them through some basic life support training.

## Young Ambassadors

SportScotland kicked off this year's Young Ambassador programme with its annual Conferences in September. The programme looks to develop young people as leaders in sport; giving them the opportunity to promote sport and motivate and inspire other young people to get involved in sport in their schools, clubs and local communities. The conferences provide pupils with a better understanding of their role and how they can make a difference. We are delighted that five Border High Schools are involved this year and we look forward to hearing how they get on driving sport and participation in their communities! **#SportForSkills**



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## Primary Leadership

As well as secondary programmes, the team has been busily delivering Playground Leaders and Junior Active Schools training to primary 6/7 pupils across the region. These programmes teach pupils about leadership, confidence, organisation, safety and making activity sessions fun. A total of 203 pupils from Earlston, Duns, Kelso, Gala, Selkirk and Jedburgh are already delivering or are currently being trained to deliver to fellow pupils after the October break. We can't wait to check back in December to see how they are getting on!



## Volunteering

Active Schools aims to provide more and higher quality opportunities for young people to take part in sport and physical activity. This can often be a challenge due to lack of volunteers, which is why we need you! Volunteering can be an exciting, rewarding and enjoyable experience. If you are interested in helping inspire and develop the next generation, while building your own confidence and knowledge, please get in touch. An hour a week for six weeks or assisting at a one-off festival, any contribution would be greatly appreciated. We would make sure it worked for you! To register your interest or find out more, please follow the link and one of the team will be in touch: <https://form.jotform.com/230373947070355>.

## Sport For All

On Friday 1 September, 54 girls from the Hawick cluster and beyond, attended a local primary 4-7 girls' football opportunity, formally launching the SWFA affiliated club. The club runs weekly throughout the academic year and is led by dedicated volunteer coach Stuart Hunter. Stuart commented: *"Drumlanrig has had a girls' football opportunity for over 20 years now and it has always been very popular. We are currently averaging around 50 girls training per week. Over the years we've had more and more girls from other schools coming along, which is brilliant. It's all about kicking a ball about with your friends"*.



Just four weeks after starting, some of the girls also went to their first ever competitive football festival and boy did they do themselves proud! Hawick Active Schools Coordinator Paul Scott said: *"This opportunity is going from strength to strength and is a real advert for getting active, staying active and the positive impact that sport can make to our girls in the region. It's relaxed, fun and our coaching team just have a laugh with it, which I think is why it's so popular. A huge thank you to Stuart and the team for all that they do"*.

## Summer Holiday Camp Round Up



Active Schools offered 17 activity camps over the summer period, as part of a larger summer holiday activity programme in partnership with SBC and other key providers. We saw 2062 spaces snapped up from a possible 2240 available (92% occupancy), with 542 families accessing the camps and 721 distinct children benefiting from the experience. It was a busy six weeks with lots of fun and activity packed in over that time! We loved hearing your positive feedback and cannot wait to welcome pupils back when camps return in Easter. Watch this space for more information!

*"As a parent, to watch him grow in confidence through the week as he told me stories of new friends he made and activities he enjoyed, was positive to see and hear"*.

*"My two had such an amazing time and it made their summer 1000 times better"*.

## Upskilling Opportunities:

Netball Leaders & On My Whistle: Friday 3 November @ Queens LC, Gala / 2pm-5pm

Basketball Skills Coach Award: TBC

## Dates for the Dairy:

Small Schools Netball: Thursday 2 November @ Queens LC, Gala

Border Netball Finals: Thursday 7 December @ Queens LC, Gala

