

ACTIVE SCHOOLS NEWSLETTER



June 2024

How can we possibly be at the end of another school term and another school year?! Where on earth has the time gone?!

Like everyone else, the Active Schools Team is very much looking forward to some time off over summer but before we go, we bring you our final instalment of the year, as we focus on the past three month's SportScotland themes: **Sport Around Scotland**, **Moving for Mental Health** and **Volunteering in Sport**.

Here is wishing all our young people, families, teachers, school staff, clubs, coaches, volunteers and partners, a very happy and restful summer break! We look forward to seeing you in August!

Sport Around Scotland

Term 3 Festival and Event Round Up

As always, the summer term proved a particularly busy time with festivals and events. We kicked it off by joining forces with the Live Borders Sports Development Team, Scottish Disability Sport and Scottish Athletics, to deliver the final Eildon Inclusive Sportshall Athletics Festival of the year. This contributed to more than 12 festivals and events taking place this term, which saw an amazing 2076 pupils taking part in swimming galas, area athletics competitions, cricket festivals, primary football festivals, primary seven transition events, Euro 24 football competitions and a mini marathon!

A number of exciting new projects were launched this term - the Kelso HS Euro 2024 lunchtime football tournament was played throughout May and June and saw S1-S3 pupils separated into 12 Euro 2024 countries. Teams played group stages and knockouts, before ending with a hotly contested Final on 27 June. As well as the glory of winning, there were top goal scorer and goal of the tournament prizes up for grabs, so it was all to play for!



May also saw the first ever swim, bike and run triathlon club taking place in Hawick and secondary golf championships in Kelso. Jedburgh and Hawick saw the first ever secondary Hyrox-style competitions take place in June! Some fantastic new opportunities for pupils to get involved with!

Partnerships continued with the Live Borders Sports Development Team, including the primary Future Stars Athletics programmes in conjunction with Gala Harriers, Basketball and Tennis Participation Centres in Gala and the first ever Just Cycle Schools CS Competition at Tweedbank, which saw the Earlston cluster create links with the Borders Raiders Speedway Team!



If that wasn't enough, with Paris 2024 on the horizon, Olympic fever took over in Kelso. Edenside PS ran a Paralympics day, where pupils tried various Paralympic sports, including boccia, wheelchair basketball, curling and guided running. Morebattle PS introduced P1/2 pupils to some more obscure Olympic and Paralympic events! Not to be outdone, up the road in Oxton, Channelkirk PS organised an Olympics day, which saw pupils try their hand at boccia, golf, archery and athletics. It's fair to say, we may have some future Olympians in our midst!

SportScotland School Sport Award

Following the temporary pause of the SportScotland School Sport Award (SSA) in March 2020, the Award, which aims to put young people at the heart of decision making, planning and implementation, encourages schools to self-reflect and continuously improve, and recognises and celebrates successful school sport models, has been refreshed. The self-assessment tool identifies strengths and raises awareness of areas of improvement within school sport, provides action plans that can be incorporated into school improvement plans and enhances confidence and independence.

With over 50% of Border primary and over 75% of secondary schools engaged in the SSA pre-covid, the team was excited to help re-launch the project earlier this year. It is hoped, we can get this school-led project back off the ground again and meet, if not exceed, our pre-covid figures! For more information, go to: <https://sportscotland.org.uk/schools/school-sport-award>.



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Moving for Mental Health

Stress Busters

Once again, our Kelso Coordinator organised exam 'stress buster' sessions. Cardio tennis with Kelso Orchard Tennis Club, Hyrox classes with KD FIT, supplemented by open gym sessions in the school's fitness suite, provided pupils lots of opportunities to blow off some steam, clear their heads and spend time with friends, during what can be a busy, and often stressful, exam period.



Primary seven transition activities also gave pupils across the region a chance to ease any anxiety which they might be feeling about the transition to high school after the summer break. Not only did the sessions, which ran in seven of the nine clusters, allowed pupils to mix with new classmates, it also gave them the opportunity to meet future PE staff and familiarise themselves with their new school and what opportunities lie ahead for them in August.

Volunteering in Sport

Secondary Leadership

It has been a busy year for our 2023/24 Young Leader programmes. Twenty-six S5s completed their Young Leader Academy (YLA) and Young Coach Programme (YCP) year. Alongside UKCC level 1s in their chosen sport, leaders completed numerous development workshops and training courses across the year. It has been fantastic to see them using their newly learnt skills and confidence to support and deliver primary and secondary extra-curricular opportunities across the region. As one chapter closes, another opens! Our successful 2024/25 cohort will attend their induction day in August and further training in October. We are very excited to get them started and support them through the beginning of their coaching journey!



In 2024/25 we are looking forward to launching other secondary leadership programmes, with five schools preparing to be involved in the **Young Ambassador (YA)** programme. The programme aims to develop young people as leaders in sport, with YAs looking to promote sport and motivate and inspire other young people to get involved in sport in their schools, clubs and local communities. Ambassadors will attend a Regional Conference in September to find out more about their role.



Six schools are also looking to train up groups of **Fit for Girls Ambassadors**. Once selected, the Ambassadors, who will range from S1-S6, will attend a SportScotland/Youth Sport Trust workshop designed to inspire and empower them to create local change in their schools, clubs and communities. The aim of the programme is to increase girls' engagement and enjoyment in PE, physical activity and sport. We already cannot wait to see what the Ambassadors get up to in the year ahead!

Volunteering

Active Schools aims to provide more and higher quality opportunities for young people to take part in sport and physical activity. This can be a challenge due to lack of volunteers, which is why we need you! Volunteering can be exciting, rewarding and enjoyable! If you are interested in inspiring the next generation, while building your own confidence and knowledge, please get in touch - we welcome volunteers from all walks of life! We would make sure it worked for you, delivering only what you felt confident delivering. To register your interest or find out more about how you could get involved, follow the link and one of the team will be in touch: <https://form.jotform.com/230373947070355>.



Final Thoughts...

Holiday Camps

With summer on the horizon, the team are busy promoting their activity camps, along with numerous other offerings from our Sports Development, libraries and museums colleagues. [Click here](#) to see what is still available in your area and get yourself booked up for some summer fun!

Cheerio, Cheerio, Cheerio!

We said a very fond farewell to our West Senior Coordinator Paul Murray in mid-May, as he headed off to Edinburgh City Council to take up an Active Schools position in the Craigroyston cluster. After an incredible 18 years in the Borders, Paul is going to be a huge miss to the team and it won't be the same without him! We wish him all the best in his new post and already look forward to catching up with him over summer to see how he is getting on!

