

Focus For 2007-2008

Build on what has been set up
Establish more links with clubs
Create further extra – curricular activities
Roll out skipping opportunities for each school
Traverse climbing wall initiative / complete
Link with VPE specialist to create further festival opportunities



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Active Schools Annual Report Banff Network



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Executive Summary

Active Schools is a key element in the Scottish Executive's drive to get more Scots more active; a commitment outlined in the National Physical Activity Strategy, Let's Make Scotland More Active. The Strategy sets out an agenda in which many organisations, including those involved in sport and physical activity, work in partnership to get the people of Scotland more active; work that comes under the Healthy Living Campaign. Active Schools will play a key role in helping to achieve the target that every school in Scotland becomes a Health Promoting School by 2007. By linking with key local and national partners the network benefits from increased provision, range and quality of opportunities available in both a school and community setting. Programmes have the potential to make a lasting difference to a wide group of young people by supporting them to adopt more active, healthier lifestyles now and into adulthood.

Comments From Partners

"Macduff Primary is committed to the concept of 'Health Promoting Schools' and endeavours to offer as many opportunities and activities to help children and adults develop healthy lifestyles. In order to meet these requirements the school has to work in partnership with other professionals and service providers. This task would be particularly difficult without the support and organisational skills of our active school co-ordinator Susan Mackintosh. It never fails to amaze staff, pupils and parents how innovative and diverse the opportunities being offered are. In this way the curriculum is being enhanced to meet the needs of all pupils while delivering Curriculum for Excellence in Banff Cluster schools."

Jenny Ewen (Head teacher) Macduff Primary

OSHL Swimming programme

"A very pleasant change to see a group of children, well mannered and well behaved. This programme was well organised, well run so welcome back and well done!"

Alan Masson (Area Recreation Officer) Banff Swimming Pool

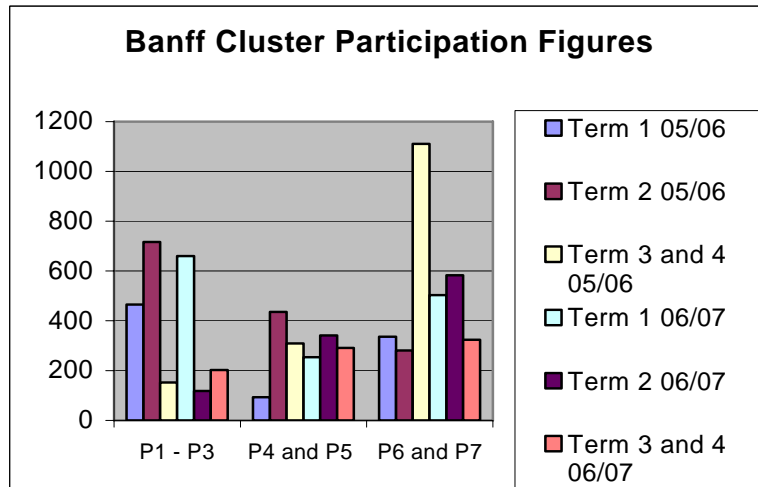
"Banff Community Schools appreciates and relishes the opportunity to work alongside Active schools. The support from Active Schools has been invaluable in promoting the bridging Group to staff and Head Teachers. The early identification of youngsters, both vulnerable and challenging who would benefit from the extended induction programme helps to forge strong links with the C.S.T and the young people. All of this works to making the transition to the Academy a much happier experience."

Hazel O'Neil (Community Worker / Banff Academy)

Evaluation

Our evidence for saying how good we are comes from

National performance indicators to audit our performance
Questionnaires from parents, staff and pupils
Evaluating Active Schools plans
Collection of participation figures for reporting to the Scottish Executive
Observing pupils skill development and improvement
School development plans
Professional dialogue with teachers and other partners
HMIe and Care Commission inspecting reports
Feedback from parents, pupils and staff



The above graph shows the participation figures for the last two years for all activities that have taken place across the network.

Introduction

The fundamental aim of the Active Schools Network is to offer school-aged children the motivation and opportunities to adopt active and healthy lifestyles. These opportunities are available before, during and after school, as well as in the wider community. But this is more than getting school-aged children to take part in formal sport and exercise. Active Schools also aims to introduce more physical activity into their daily lives through active travel, play and dance. As such, the physical activity and sport element of Active Schools links closely with a number of other key government initiatives—Health Promoting Schools and Safer Routes to Schools, to name just two—and is supported by a broad range of partners.

Defining an 'Active School'

An Active school will send out a strong message on physical activity and sport to a wide audience. In seeking to develop and 'Active School', the school should:

- Provide quality, safe and fun physical activity opportunities, including sport, both within the formal and informal curriculum.
- Provide adequate resources and funding for physical activity and sport
- Actively promote positive attitudes towards participation in physical activity with pupils, teachers and families
- Ensure physical activity and sport is referenced within the School Development Plan
- Encourage and support pupils to reach their full potential through physical activity, sport and physical education

It has been an extremely busy but satisfying year for Banff Active Schools, and the purpose of this report is to highlight the work achieved by the Active Schools Coordinator in the Banff Network.

Active Schools Activity Breakdown

Number of festivals	3
Number of new extra curricular activities	10
Number of new volunteers, including staff	16
Number of Coach Education Courses	4
Number of Health Promoting Schools evenings	4
Number of Health groups supporting	2
Number of new club links	4

Partners

The partners below have been involved with supporting various active schools programmes. I am looking forward to the year ahead and support from the various partners will assist with delivering our Active schools programme using everyone's skills, knowledge and expertise to create a more healthy and physically active community.

Assistant Health Improvement Officer	Community Worker
Home school Link worker	Family support worker
Public Health Coordinator	Area Recreation Officer
Community Learning and Development	Sure-start
Sports Development	PRSCT
Active Lifestyles	Visiting specialists
Banff Academy PE Department	Disability Sports
Primary school nurse	SEN Units
School Travel Planning Officer	
Nursery and primary education	
Parents Teachers and volunteers	

Thanks to everyone who has provided support and assistance with all Active Schools programmes. If further information is required on any projects included in this report or any other physical activity ideas, new initiatives please contact me directly.

OSHL – Out of School Hours Learning



P5 - P7 non-or weak swimmers have been encouraged to take up the opportunity of learning how to swim or gain additional confidence through an intense 10-day holiday programme. Banff swimming pool provided qualified teaching staff that delivered professional tuition, motivation and encouragement throughout the holiday period. All children improved their swimming ability and gained sufficient confidence to be able to attend the pool with friends without the need for supervision. This programme was an ideal opportunity to allow children to develop a life long skill.

Volunteers



Volunteers are one of the key partners in making the Active Schools programme a success as they are assisting with making our children fitter. A volunteers help is of great value, whether it be to help with escorting buses, assisting or running an after school club (which includes lunch times). Active Schools constantly recruit and support volunteers and provide them with training opportunities, help and encouragement enabling them to become dynamic activity leaders.

Promotion

Active schools is promoted through:

- Active Schools Newsletters
- School newsletters
- Media Coverage
- Notice boards/flyers and leaflets
- Annual report



Work Areas

'Go For It'

Portsoy primary have been actively involved in the Go For It project, which is rolling out across Aberdeenshire. The project is designed to encourage children to walk to and from school daily. Incentives to access various facilities and sporting venues are on offer to children who reach a set target. This project will introduce another school next term.

Fitness Projects

Ordiquhill and Portsoy primary 7s were involved in the delivery of varied fitness sessions to all other classes in the school. This project entails the Active School Coordinator working with the children over a four – week period to prepare and work on leadership skills to enable the children to deliver safe and effective fitness based activities to their peers.

Young Leader Award

Ordiquhill primary will pilot the roll out of the Young Leader Award in term 1 This award works on leadership skills to enable children to deliver playground activities at break and lunchtimes.

Team Building – P7 s

This programme has proved to be highly beneficial over the last two years. Hazel O'Neil (Community Worker) and Susan will deliver team-building workshops to allow P7 teachers and other staff to roll out the programme to their schools.

Training Opportunities



Training opportunities that will be available this year through Active Schools will be:

- Team Building P7 staff– Term 2
- Firstclubgolf – Term 3
- Skipping workshop – Term 2 or 3
- Tops tot/start – Term 2 or 3
- How to increase Physical activity opportunities / staff
- Access to other Networks training opportunities

All training opportunities are generally open to all staff, parents and volunteers and information is issued direct to schools

Firstclubgolf

The second year of rolling out the firstclubgolf programme to the Banff Network P5's has been very successful. This is an exciting national programme, which offers P5 pupils an excellent pathway from curricular delivery to being adopted by a local golf club and being coached to the age of 16. All 8 schools in the network offer this annual training to P5 pupils and both years of delivery have enthused almost a third of all P5 's to move on to the next level.



Extra Curricular activities

Most schools have benefited from extra curricular clubs being set up in their school, whether it be a lunch time basketball class or after school skipping, netball, baton twirling and cheer leading, various dance sessions and athletics. A number of the after school sessions invited parents to come along and view their children's success and parents feedback has illustrated a positive response to these opportunities.



Curricular Activities

Active Schools supports many curricular activities, which have provided schools and pupils with a more diverse and broad range of activities on offer. The Ballroom and Latin dance now offers an extra curricular activity at Banff Community Centre and sessions are open to all schools. Rugby and Netball have proved to have been extremely popular and have led to after school sessions either through the Active School programme or linking to the local club. Delivering activities through the curriculum have many benefits and promote inclusion, 100% pupil participation, and a safe, familiar environment for pupils to exercise.





Festivals

The Banff Network had their first Netball festival in June 2007. 5 schools in the Network have been coaching extra curricular sessions and they all came together at Banff Academy for a 2 - hour festival. In partnership with Banff Rugby Club a day at Duff House grounds was organised for all schools that had opted to be involved in Rugby coaching. The VPE specialist had planned for an Athletics event to take place but due to adverse weather this was cancelled. The annual Cross Country event, which is organised by VPE specialist, is also supported by Active Schools. Active schools will continue to organise and support various partners in organising future events.

Trampoline sessions SEN – Banff and Portsoy



Funding gained from Aberdeenshire Sport Council allowed for trampoline sessions to be organised for the SEN classes at Banff and Portsoy primary. Both schools organised the transport for children to be bussed to Banff Academy where we had access to one of the gym halls every Monday morning for an eight - week period. Sessions were led by two coaches from the local trampoline club and we were able to borrow a hoist for the less able children Disability sports organise a substantial programme across Aberdeenshire and information is disseminate through Active schools prior to the holiday period. Active schools and the Banff trampoline club are in the process of applying to Awards For All to accommodate making sessions at the club fully inclusive.

Funding Into Active Schools Banff

Out Of School Hours Learning	£1,900
Aberdeenshire Sports Council	£1,000
Active Steps	£1,500
Traverse climbing Walls – To be confirmed	£10,000
(Awards For All – Macduff PTA	

Total **£14,400**

British Heart Foundation Jump Rope For Heart



Whitehills primary is the fifth school in the Network to take part in the Jump rope for heart. This is an ideal opportunity for schools to receive £100 of skipping resources free of charge. 25% of funds raised remain with the school and 75% is donated to the British heart Foundation. If your school would like to carry out a sponsor skip please contact your ASC direct who will offer the opportunity for children to receive skipping sessions to teach the basic skills. Skipping will be a focus activity for next term and a second jump off can be organised at any time.