

What is Active Schools?

Active Schools is a Scottish Executive initiative, funded by **sportscotland** in partnership with Aberdeenshire Council. It was set up because research showed that children are less physically active than in the past. This is bad news for children's health! Active Schools will give school-aged children the tools, motivation and opportunities to be more active throughout their school years and into adulthood.

"More People, More Active, More Often"

Active Schools is not just about getting children to take part in formal sport. It also aims to introduce more physical activity into their daily lives through active travel (walking or cycling to school), play and dance.

Active Schools is the new name for the School Sport Co-ordinators programme, which will be jointly funded by Aberdeenshire Council and **sportscotland**. NHS Grampian, will also join the partnership to help develop a co-ordinated approach to health improvement.




Our Vision

To encourage all children to become more physically active by participating in safe enjoyable physical activities and to promote healthy lifestyles throughout their life.



healthyliving

Our Aims

-  To get 80% of children to be physically active for one hour a day, making 'more children, more active, more often'.
-  To develop sustainable pathways and opportunities for children to develop their interests and potential.
-  To develop fully inclusive programmes so that every child in every school has access to physical activity and sporting opportunity.

Why is Physical Activity important?

The most common risk factor for coronary heart disease in Scotland is inactivity. Inactivity is a major factor in disability, disease, obesity, and poor mental health.

As well as making you fitter, physical activity can contribute to:

-  Better mental health
-  Improved feelings of self-worth
-  Better Body Image
-  Increased self-esteem and confidence

In short, physical activity will not just increase a child's chances of a longer, healthier life but also of a happier one!

How Much & How Often?

'Children should accumulate (build up) at least one hour of moderate activity on most days of the week' *Physical Activity Task Force, 2003*

'Moderate activity' means something that is equivalent to brisk walking. The good news is that this hour of activity doesn't have to be done all at once. Two brisk walks to and from school might add up to half an hour, or a kick-about in the park might give a child 10 minutes of activity.

Aberdeenshire's Action Plan for Active Schools

We want to provide all children with the opportunity to be active, and there are many ways to do this:

Active Travel - Walking or cycling to school is a great way to include physical activity into a child's daily routine.

Active Sports - Inclusive sport with an emphasis on participation while also recognising achievement.

Active Play - The key element in making physical activity attractive to kids -FUN!

Active Dance - Great way to appeal to young people and in particular girls, who may not have an affiliation with sport.



Physical activity is key to achieving good health.

Do you know that 40% of all deaths from coronary heart disease in Scotland are as a result of inactivity!

The Role of the Active School Co-ordinator

An Active School Co-ordinator will assist local schools in achieving our aims, by linking to specific quality indicators identified through a school development plan.

An Active School Co-ordinator aims to ensure children are provided with opportunities to develop:

- Active Play
- Active Travel
- Active Classrooms
- Extend Curricular Activities
- Extra Curricular Activities
- Curricular and Community Tops Programmes
- Dance
- Sport
- Participation in Festivals & Competitions
- Promoting a Healthy Lifestyle

An Active School Co-ordinator will also work with other partners and agencies to:

- Establish & develop programmes for Early Years
- Recruit, train and develop parents, coaches and volunteers
- Establish & develop links with Community Schools Network, Visiting Educational Specialists, Sports clubs, Sports Centres, Community Recreation, Ranger services, Disability Sport, External Organisations.
- Market and Promote Active Schools

CLUBS & SOCIETIES

The Active Schools Newsletter wants to let people know about the great range of clubs and societies in Aberdeenshire, and tell them how they can get involved. If you are involved in a local group and would like to attract new members please contact me with further information.

We have one of the strongest Sports Councils in the country who provide great support to clubs in many ways.

Please contact me for further details or log on to:
www.aberdeenshire-sports-council.org.uk

Active Schools Needs You

- ✚ Do you have a little time to spare?
- ✚ Could you help lead activities for children?
- ✚ Would you like to gain a qualification in coaching sport or leading other activities?

You don't have to be sporty to lend a hand - just enthusiastic! We are looking for people to help out with a range of activities. From woodland walks to after-school sports clubs - there is something for volunteers of all ages and abilities. The time commitment is up to you and training will be provided.

If you are already quite active or sporty and would like to gain a qualification (sports coaching, trail cycle leader, mountain leader, etc) we can arrange and fund training. If you have a lapsed qualification and would like refresher training, we can help with that too.

If you are interested in either volunteering or gaining a qualification, please contact your local Active Schools Co-ordinator or myself:

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