

ACTIVE SCHOOLS AT GORDON PRIMARY!

A taste of some of the work done by Active Schools at Gordon Primary. Huge thanks to staff/parents/volunteers for all their hard work and support so far this year!



Spot the ball?! P7s during a physical activity session at the Stewarts hall

HEALTHY WEDNESDAYS!

For the past few months Active Schools has been involved with Gordon Primary in delivering a healthy message to pupils in P7. Also in partnership with the Ranger Service, this NHS project saw all P7s spend every Wednesday for 3 weeks learning how to keep their bodies nice and fit and healthy. From nutritional and healthy eating advice in the community kitchen, learning outdoor skills courtesy of the ranger service in the woods, to physical activity sessions delivered by Active Schools in the Stewarts hall, the programme was considered a

big success and received extremely positive feedback from those involved! Next up are the P5's with the P6s to follow in Term 4. Hopefully the messages being delivered at these sessions will strike a chord and all involved will continue to eat healthily (most of the time!) and keep physically active all year round!

LEADING FROM THE FRONT!



"We're this much bigger than you!"

24 pupils from P7 have successfully completed their Sports Leaders UK Young Leader Award. All the pupils undertook 6 weeks of training and an assessment by Active Schools coordinator Mark Borzoni and learned the skills needed to be able to deliver playground games to younger members of the school. As a result the Young Leaders – on a rotational basis - now deliver around 25 minutes of playground fun to children in P1 – 3 on a Thursday lunchtime. The Young Leader programme is delivered every year at the school with all P7 pupils given the opportunity to take part. For more information visit www.sportsleaders.org



Smile for the camera !

NEW AFTER SCHOOL NETBALL CLUB!

Term 2 of this school year saw the start of a new after school netball club for the schools P6 & 7 pupils. After attending an Active Schools training workshop, P2 teacher Ms McBeath and P5 teacher Ms Kelly now run the club every Thursday after school from 3.30 -4.30pm. This month should see the group enter their first netball festival at the Bennachie Leisure Centre in Inch which is part of the central Active Schools team's mini netball festival series. Good luck everyone and keep up the good work!

P1 – 3 PUPILS GETTING READY TO STAY AND PLAY!

Following a successful run last year, the “stay and play” after school club is set to return to Gordon primary after the mid term break. Led again by parent volunteer Angela Michie, the main aim of the club is to get the children involved physically active through a series of fun and exciting playground games. If you would like to get involved in helping out with the club (doesn't need to be every week!) please get in touch.

JOGGING GROUP CONTINUES TO RUN!



Pupils in P5,6&7 have been keeping fit by joining Gordon primary jogging group which runs every Wednesday lunchtime from 12.30 - 13.00. The club which is led by P7 teacher Amanda Conn as well as other school staff and volunteers attracts around 20 pupils each week and is currently working towards competing at Run Balmoral in April!

To learn more about Active Schools or to get in touch with myself please visit our website at www.aberdeenshire.gov.uk/activeschools