

## Cheerleading

Corina Grubb and Linda Munro completed a UK Cheerleading course earlier on this year. They now deliver a weekly session at **Westhill Academy on a Tuesday from 4-5pm**, that involves both Primary and Secondary girls. This was set-up to target girls only and also to integrate P6/7 girls in the secondary environment. It is also hoped that this will provide an exciting activity for girls to continuing participating in after they leave the primary. Cheerleading is now taking place at various areas around Aberdeenshire and the plan is to introduce Cheerleading festivals and Competitions.

## Curling

A Royal Caledonian Curling Club Qualified Curling Coach will attend Schools with New Age Kurling equipment and prepare P6 children for an 'on the ice' session by informing them on safety on the ice and rules of the game along with New Age Kurling Games. The coach will then leave New Age Kurling Sets, along with simple session plans, for each P6 class teacher to lead two further introductory curling sessions. All P6 Children will then attend a **Festival at Curl Aberdeen on Friday 10<sup>th</sup> December**.

## Community Sports Leaders Award/ P1-3 Afterschool Club

Six senior pupils from Westhill Academy undertook the first steps towards attaining the Sports Leaders UK Community Sports Leaders Award during the Summer Holidays. Over the remainder of the school year and into 2011/2012 the aim will be too get these pupils involved with organising/ delivering activities to primary pupils. This is going to involve a multisports afterschool club at the Ashdale Hall on a **Monday for P1-3 Children**.

## Rugby

This P7 rugby programme is a joint venture with Active Schools, Scottish Rugby Union and NHS Grampian. The physical activity sessions will also be supplemented by Health and Wellbeing packs for each pupil. The programme will then culminate in a festival at Lawsondale playing fields on **Thursday 18<sup>th</sup> November, from 10am-12pm**. Children will then have the opportunity to make the transition to a local rugby club, and a new afterschool club in Westhill will also be developed

## Tennis

Through the Cashback for Communities fund, P4- S6 tennis sessions have been set-up at Westhill tennis club on a **Tuesday, 4-6pm**. Primary children currently attend from 4-5pm, with academy pupils 5-6pm. There are currently 14 primary pupils attending, with over 60 on a waiting list! We are currently trying to source additional courses to open up more sessions. This is a 2 year programme

## Health & Wellbeing Notice Boards

These will soon be in place at each school. The aim is to highlight all the physical activity opportunities that pupils have both in school and in the local community. This board will also highlight specific Health and Wellbeing Issues. The board will also promote local clubs within Westhill that pupils can make the transition to from School activities. **You may also have other ideas as too what should be on the board?**

## Gymnastics

This is a Talent ID/Early participation project targeting **Nursery-P2 pupils**. Qualified gymnastics coaches will be deliver 1 session to the pupils. All the children taking part in the sessions will get a flyer advertising gymnastics classes around the area that they can put their names down for and the talented children will be invited to Garioch Gymnastics Club for a further trial before possibly being offered a place in one of the competitive sections of the club.

## Athletics

Another 2 year programme delivered through the Cashback for Communities fund. Dawn Davidson, Athletics Development Officer, is delivering sessions on a **Tuesday, 4-5pm at Westhill Academy**. This has been outdoor athletics up till the October Holidays, with indoor athletics then taking place after the holidays and into the new year P6- S2 pupils are receiving athletics sessions.

## Shire Shindig

12 Primary 6/7 pupils have completed 4 weeks of dance rehearsals, at Westhill Primary, that will culminate in the 'Shire Shindig Celebration' at Crathes Castle on the **14<sup>th</sup> October** This is part of a Legacy event for the Glasgow 2014 Commonwealth Games, to mark the handover of the Commonwealth Games flag from Delhi to Glasgow. The celebration Kicks off at **6.30pm** for anyone who would like to attend

## Training Opportunities for Pupils & Staff

- **Football Workshop** – 3<sup>rd</sup> November, Westhill
- **Introducing the Fundamentals of Basketball** – 4<sup>th</sup> November, Inverurie Academy
- **Netball Umpiring** – 15<sup>th</sup> November, Inverurie Academy
- **First Aid Course:** Wednesday 24<sup>th</sup> Nov & 1<sup>st</sup> Dec, 6.30-9.30pm, Inverurie Academy, Tutor: AC & HSE approved.
- If you would like to attend any of these courses please let me know (by phone, text, email or in person!).

***Kilimanjaro – My colleagues and me head off on the 7<sup>th</sup> October. I would just like to pass on my sincere thanks to all Staff for their help with the various fundraising activities that have taken place across the Westhill Schools. We have now raised over £25,000 for the Friends of Anchor Unit. See you on my return!***

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