

TURRIFF ACTIVE SCHOOLS NEWSLETTER

Issue 1

September 2008

Welcome

Welcome to the first Active Schools Newsletter for the Turriff Network. The purpose of this newsletter is to raise awareness of Active Schools and to keep Parents and Staff informed of activities within the 9 cluster primary schools – King Edward, Crudie, Fintry, Monquhitter, Markethill, Easterfield, Auchterless, Fisherford, Fyvie and the local community.

My name is Kevin Davies and I am the Active Schools Coordinator for the Turriff Network. I am based at Monquhitter School and can be contacted on 01888544962 / 07917000107 or kevin.davies@aberdeenshire.gov.uk



Active Schools Background

Active Schools is a Scottish Executive programme aimed at tackling the declining levels of physical activity and sport among many children. The initiative is funded by sportscotland in partnership with Aberdeenshire Council. The fundamental aim of Active Schools is to 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 & exercise. It also aims to introduce more physical activity into their daily lives through active travel, play and dance.

Why is Physical Activity Important?

As a nation Scotland is inactive, unfit and increasingly overweight. The most common risk factor for coronary heart disease in Scotland is inactivity. Inactivity is a major factor relating to disability, disease, obesity and poor mental health. As well as making you fitter, physical activity can contribute to:

Improved mental health
Improved feelings of self worth
Improved 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!

What is physical activity?

Physical activity is anything that makes your heart beat quicker and makes you breathe harder because your body is using energy. Children should accumulate (build up) at least one hour of moderate activity on most days of the week. This can be done in a variety of ways, For example walking to school, playing outside, joining a club or playing sport.

Recent figures show that at 11 years old only 55.5% of boys and 41% of girls achieve this.



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Parents, do you want to see more activity opportunities in your child's school?

Building on what currently exists in your child's school, Active Schools have a number of programmes and projects your school would be keen on getting involved with, however they cannot roll these programmes out without support from volunteers. In this area there is lack of community coaches available to service our vast rural community on a sustainable basis, therefore we need the help of parents, carers, secondary pupils or community volunteers to offer the youngsters more sport and physical activities at a local level.

We are not looking for endless hours of commitment as everybody leads hectic busy lives, just some of your time would be a huge help. Have you an interest or experience in a particular activity that you would like to pass on to young people?

Please come forward and offer a little help!!!!

What has been happening already?

Summer Term

The summer term saw the beginning of Activities under the Active Schools banner. Markethill, Easterfield and Fintry Schools all took part in Rugby coaching in partnership with Banff RFC. Fyvie School participated in the Go for it! walking initiative, Monquhitter Schools piloted a successful Young Leaders Award and Markethill participated in Dance sessions with Stephanie Jacobs.

A successful Junior Jog Scotland course was held at Monquhitter School that was attended by volunteers from many schools, I look forward to seeing the formation of your Junior Jog Scotland clubs in the near future!

Summer Holiday Activities

Two successful multisport activity camps took place over the summer break at Turriff Sports Centre and Monquhitter School. Both sessions were well attended and participating children enjoyed a diverse range of activities including: Tennis, Basketball, Rugby, Football, Athletics, New age curling, Boccia, Unihock, Cricket and Team games. The Autumn break will feature a course at both venues, leaflets will be around shortly, please book early!

An invite to local clubs and activity providers

The summer holiday activity programme benefitted from coaching sessions provided by Banff Rugby Club. Should any local clubs wish to take a 'guest session' in order to promote your club and it's activities, then please contact me. I am keen to incorporate traditional sports alongside Dance, Martial Arts, Orienteering, the list goes on. Additionally, should any clubs need assistance with training needs, Disclosure Scotland or funding issues, I may be able to help, please contact me.



What's on soon?

Term 1 Activities



Rugby

8 schools are rolling out a 6-week block of rugby sessions to P6 and P7 pupils with the help of the Rugby Development Officer and Banff Rugby Club. Following coaching a Rugby festival involving all schools will take place, hopefully culminating with an event at Pittodrie Stadium on or around the Scotland v Canada fixture in November.

Fitness Testing and programme

All P6&7 pupils will undertake a series of fitness tests at the beginning of term 1 to ascertain fitness levels throughout the Turriff cluster of Primary Schools. Scores will not be individual but taken as a school average. All pupils at most schools will have the opportunity to participate in fitness activities. P6&7 pupils will be re-tested following the programme to measure any improvements. After school fun and fitness programmes have started at Markethill and Finty Schools.

Traverse Climbing Walls

All Schools have undertaken a Traverse Climbing Walls feasibility study. Applications are currently at the planning department, once passed funding applications will be submitted. It is hoped the walls will have a hugely positive impact on playgrounds and encourage children who do not normally participate in more traditional activities to engage in physical activity.

Junior Jog Scotland

Following the well attended Junior Jog Scotland training in May, some schools will be starting jogging clubs, those in charge of clubs please contact me for risk assessments, sample registers etc.



Term 1 Activities

Active from the Start

Those Schools with nurseries will shortly be receiving training in order to deliver the NHS funded Aberdeenshire wide, Active from the Start project. The project is intended to aid Nursery age children with basic movement, running, catching and coordination skills. The project requires parental involvement both at school and at home so if you have any time to spare your help would be very much appreciated.

Young Leaders Award

Following a successful pilot at Monquhitter School, Sport Leaders UK 's Young Leaders Award is now being rolled out across all schools. The award is targeted at P7 and in smaller schools P6 pupils. Following training focussing on confidence etc, pupils gaining the award will be able to deliver sporting activities and playground games to P1-3 pupils.

School Travel

Two Schools are currently undertaking initiatives to encourage children to walk more often. Fyvie School are participating in the Go for it! Project that rewards children that walk to school with free leisure passes, while Markethill are currently researching a Walking Bus scheme.

Freestyle Dance

Markethill Dance sessions kicked off in September and have once again proved popular.



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