

TURRIFF ACTIVE SCHOOLS NEWSLETTER

Issue 2

June 2009

Welcome

Welcome to the second Active Schools Newsletter for the Turriff Network. The purpose of this newsletter is to continue 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.

Junior Jog Scotland Project

Parents, would you like to exercise and have fun with your children on a regular basis?

Active Schools, in conjunction with Jog Scotland and our visiting PE specialist will be arranging Junior Jog workshops in the Autumn with the aim of encouraging parents to exercise with their children. The Junior Jog Leaders course will enable parent volunteers to run exercise activities and simple fun games for and alongside their children by taking it in turns to lead activities after school.

The training course is a fun two hours where you will learn to use the Junior Jog Scotland leaders pack, an easy to use pack that requires minimum equipment, just enthusiasm and some energy to burn!

It is hoped we will get enough parent volunteers to run a regular club for children and parents after school. The games and exercises are so much fun I guarantee you will want to stay involved, why should kids have all the fun!

Netball Leaders Training

September will see the opportunity for parents Teachers and volunteers to gain the Mini Netball Leaders Award. This certified course is six hours long split over two evenings.

The fundamentals of netball will be taught and it is hoped those attending will help at existing lunchtime or afterschool clubs or start new clubs up where none exist at present.

Experience not necessary but if you would like to learn and have an hour or so spare each week, this is the course for you if you would like to help and get involved.

Hockey Coach Training

As part of a project involving the north of Aberdeenshire, training will be available in the Autumn to parents, teachers and volunteers who have an interest in coaching and teaching Hockey.

If you would like to involve yourself more in your community and wish to take part in any of these fantastic training opportunities then please register your initial interest with:



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What has been happening this year?

AFTER SCHOOL CLUBS

A variety of clubs have taken place this year after school including Badminton, Hockey, Rugby, Football, Freestyle Dance, Ballet, Junior Joggers and Fun Fitness.



HOLIDAY ACTIVITIES

Following on from the first courses last summer, successful Multisport activity camps have taken place over the Autumn and Easter holidays. Summer 2009 is nearly full also so the message really is book early!

COMMUNITY SPORTS LEADERS

Ten S5 & S6 students from Turriff Academy volunteered to undertake the Community Sports Leaders Award. This 35 hour long award will qualify students to deliver sports sessions to younger children in and around the community.

FITNESS PROGRAMME

All P6 & 7 pupils undertook 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 have participated in fitness activities and were re-tested following the programme to measure any improvements. Results will be available at the beginning of term 1. 2009.

FESTIVALS

Three successful festivals took place following a coaching programme in school time. Pupils participated in a **Rugby** festival in the Autumn at Monquhitter School, early summer was the turn of **Cricket** at The Haugh's, with the Homecoming **Football** festival taking place late in June at Turriff Sports Centre.

ACTIVE FROM THE START

Those Schools with nurseries received training and equipment in order to deliver the NHS funded **Active from the Start** project. The project helps Nursery age children with basic movement, running, catching and coordination skills. The project requires parental involvement both at school and at home and feedback from nurseries so far has been positive.

YOUNG LEADERS AWARD

Sport Leaders UK Young Leaders Award has now being rolled out across all schools. The award is targeted at P7 and in smaller schools P6 pupils. Following training focussing on safety, confidence, organisation, fairness, cooperation, communication and enjoyment, pupils gaining the award are delivering sporting activities and playground games to P1-3 pupils.

SCHOOL / CLUB LINKS

At present we have two School Club links within the cluster: Banff Rugby Club and Turriff Cricket Club. I am keen to add to these clubs and am always looking for opportunities to link clubs in the community with Primary schools.

An invite to local clubs and activity providers

Active Schools After school and Holiday activity programmes have benefitted from coaching sessions provided by local sports clubs. This has proved to be a useful way of recruiting players for clubs. 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.