

WELCOME

Welcome to the Active Schools Newsletter for the Kemnay and Westhill School networks. The aim of this first newsletter is to introduce and raise awareness of the Active Schools programme. Future newsletters will highlight activities that are taking place across the 8 primary schools: **Alehousewells, Kemnay, Kintore, Kinellar, Crombie, Elrick, Skene and Westhill.**

ACTIVE SCHOOLS BACKGROUND

There are now 9 full-time Primary Active Schools Co-ordinators covering 10 school networks in Aberdeenshire: Alford, Banff, Ellon, Fraserburgh, Mintlaw, Oldmeldrum, Peterhead, Portlethen, Kemnay and Westhill. 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 and NHS Grampian. The fundamental aim of Active Schools is to give school-aged children the tools, motivation and opportunities to become more active throughout their school years and into adulthood.

"MORE PEOPLE, MORE ACTIVE, MORE OFTEN"

My name is Stuart Glennie and I am the Active schools Co-ordinator for the Kemnay and Westhill Networks. I am based at Kintore Primary School and can be contacted on 01467 634384 or by e-mail: stuart.glennie@aberdeenshire.gov.uk



As Active Schools Co-ordinator I will assist Primary Schools achieve their aims by linking to specific quality indicators identified through a school action plan. This will provide children with the opportunities to develop:

- Active play
- Active Classrooms
- Extended Curricular Activities
- Extra Curricular Activities
- Participation in Festivals & Competition
- Promoting a Health Lifestyle
- Curricular and Community Tops Programmes
- Active Travel
- Dance
- Sport

THE BENEFITS OF ACTIVITY

Physical activity can improve your physical and mental health whatever your age, size or physical condition. Children should build up at least 1 hour of moderate activity each day. This may include walking to and from school, playing at break times or attending an afterschool club. Recent figures show that at **11 years only 55.5% of boys and 41% of girls achieve this.**

More important than the 'quantity' of physical activity is the 'quality' of the experience of that activity. If they have enjoyed an activity, your children will be more likely to want to repeat it. So there are a number of things that you can do that will make it more likely that activity will be kept up:

- Base the activity on what your children themselves want to do
- Involve them in planning the activity
- Try to make the activity enjoyable
- Try to develop confidence and wider skills and avoid unnecessary competition

(www.healthyliving.gov.uk)

Look at these everyday examples for inactive compared to active.

| Inactive way | Kcals used | Active way | Kcals Used |
|-----------------------|-------------|-----------------|------------|
| Use car wash | 18 | Wash by hand | 300 |
| Let dog out back | 2 | Walk dog 30mins | 125 |
| Take lift up 3 floors | 0.3 | Take stairs | 20 |
| Total = | 20.3 | Total = | 445 |



ACTIVE SCHOOLS NEEDS YOU

To enable the schools and myself to provide and deliver as wide a range of activities as possible we rely on the help from volunteers. You do not have to be sporty to lend a hand - just enthusiastic! Many people are reluctant to volunteer as they feel they may be left to get on with things or feel they do not have the required skills. As Active Schools co-ordinator I aim to assist and mentor volunteers and provide them with the required training where possible. You may prefer just to assist a more experienced coach, set-up woodland walks, get involved with playtime games or establish an afterschool club. The list is endless and any ideas are welcomed where it promotes physical activity.

If you are interested in volunteering to help out within any of the schools please contact me on the details on the front page. If you would like to help, but have reservations, please call me to discuss further.

TRAINING WORKSHOPS

Regular training workshops are set-up for teachers, parents and volunteers to attend. Each workshop provides adults with the opportunity to learn and develop skills and activities that can then be delivered to the children. Workshops organised are for those people currently delivering activities or would like to deliver activities during or after school. *If you would like to be added to a mailing list for future training workshops please get in touch.*

SKIPPING

Volunteers from **Kemnay, Kintore and Crombie** attended a skipping workshop at Kellands primary in September. At the time of printing a skipping workshop was also due to take place in December at Kintore Primary School.



FOOTBALL

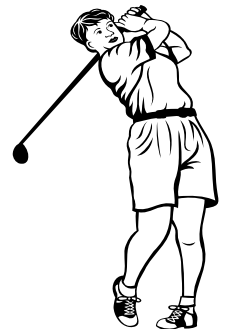
This workshop was set-up to provide coaches currently working with teams with new ideas, drills and practices. A total of 38 people, including coaches from **Crombie, Elrick, Kemnay, Kintore and Westhill** attended the workshop at Kintore primary on Thursday 9th December. The main emphasis of the evening was to promote the importance of developing individual skills with young players. The night proved very worthwhile and the feedback provided highlighted the need for regular workshops in the future.

CLUBGOLF TRAINING OPPORTUNITY

Clubgolf is the most exciting and far-reaching junior golf development programme ever undertaken in Scotland. It is the legacy of Scotland's Ryder Cup 2009 bid and seeks to reinvigorate the junior game throughout Scotland. Applicants for this training workshop do not need to be golfers themselves and must be willing to deliver the programme to Primary 5 children within schools. **Elrick** School were represented on a recent clubgolf course at Kellands School. *Please contact me if you would like to attend the next training day:*

Monday 15th January 2007

Ellon Academy 4 - 6.30pm



NHS GRAMPIAN POSITIVE PLAY TIMES

Positive Play Times is a playtime programme delivered by the NHS Grampian Physical Activity Team. The main aim is to 'train' primary 6/7 pupils how to organise and deliver playground games to younger children in a safe and positive environment. During November and December Denise Fyfe has been delivering the 8 - week programme to 26 primary 6 children at **Crombie primary**. Crombie decided to use the project as an Enterprise Initiative for the pupils and the children had to complete questionnaires and undertake an interview prior to commencing the training. Other members of the school also completed a survey to establish their views on playtimes. **Skene** commence the programme in January and **Kinellar, Alehousewells and Westhill** are looking to introduce the programme.

(Children at Crombie Primary completing their Positive Play Time Training)



FOOD, HYGIENE AND FITNESS



Primary 3 and 4 children from **Kinellar and Kemnay** Primary schools have been learning football skills from AFC Community Coach Rob Fearn. Rob is delivering a six-week block of coaching at each School. The children are also completing an Activity book that looks at healthy eating and food hygiene. Each week after the coaching the children are then asked questions on a different topic. The children taking part also receive 'goodies' and a certificate of completion.

AFC are available to deliver coaching in schools at a charge. Please contact me for further details.



(AFC Coach Rob Fearn coaching children at Kemnay Primary during the FSA project)

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AUDITS/SURVEYS

Thank-you to all the Head teachers, school staff, pupils, parents and guardians who took part in completing audits and surveys. This enables us to identify and establish the current provision across each school. This takes into account factors including facilities, volunteers, afterschool clubs, school demands, pupil demands and local sports clubs. Information from each audit is currently being compiled onto a database. Audits/Surveys are an important requirement from [sportsScotland](#) and I would appreciate your help with any future consultations. **Unfortunately I will not be able to fulfil one boys' request at Skene School....to introduce quad biking in the school!!**

ACTIVE TRAVEL

Crombie, Elrick, Kemnay, Kintore and Skene primaries took part in the Walk to School week in October. The main aim of encouraging children to walk or cycle to school is to help reduce the number of car trips made to school, reduce congestion, promote healthier and more active lifestyles and help children develop important road safety awareness. The Active Schools team are currently working with Aurelie Irving, School Travel Planning Officer, on a pilot scheme for a long-term walk to school plan. ***Many schools have problems with congestion and we must all listen and work with the school to help reduce this.***

HEALTH PROMOTING SCHOOLS

All schools are working towards the target of becoming a Health Promoting School in 2007.

"A Health Promoting School is where all members of the community work together to provide children and young people with integrated and positive experiences and structures, which promote and protect Health".

(World Health Organisation 1995)

The main aims are:

Promote the physical, social, spiritual, mental and emotional health and well-being of all children, young people and staff.

Identify and respond to the health needs of whole school communities and contribute to meeting those needs.

(Being Well, Doing well, A Framework for Health Promoting Schools in Scotland, 2004)

All schools need the help and assistance from teachers, parents/guardians and pupils to help them successfully achieve this. Active Schools will contribute to each schools portfolio of evidence for achieving accreditation in 2007.

SIMPLE HEALTH TIP

- Instead of driving/getting a lift to the door at work or school, get dropped off 5-10mins from the school/work and walk the rest!
- Break activity over day into 'sections', i.e 15min walk in morning, 15min walk at lunchtime or 20min cycle after work/school.
- Do activities with friends for company and to keep you motivated.

**"WHAT WE DO TODAY WILL AFFECT WHAT WE DO TOMORROW"
BE ACTIVE! - BE HEALTHY! - BE HAPPY!**

