

Welcome

Welcome to the first Active Schools Newsletter for the Fraserburgh Network. The purpose of this newsletter is to raise awareness of Active Schools programmes and to keep parents and staff informed of activities within the 13 cluster primary schools - Crimond, Fraserburgh North, Fraserburgh Southpark, Inverallochy, Fraserburgh Lochpots, New Aberdour, Rathen, Rosehearty, Sandhaven, Fraserburgh St Andrews, St Combs, Tyrie and Fraserburgh Westfield.

My name is Paul Robinson and I am the Active Schools Co-ordinator for the Fraserburgh Network. I am based at Rosehearty Primary School, Pitsligo Street, Rosehearty, Fraserburgh AB43 7JL. Tel/Fax. 01346 572005. Mob. 07823536215 or can be contacted on e-mail: paul.robinson@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 age children the tools, motivation and opportunities to be more active throughout their school years and into adulthood.

Children from Fraserburgh primary schools who participated in a ten mile walk from Fraserburgh to Strichen in conjunction with Active Schools and PHP (Public health project).

"More People, More Active, More Often"

Active Schools is not just about getting children to take part in formal sport and exercise, it also aims to introduce more physical activity into their daily lives through active travel, play and dance.

Why is Physical Activity Necessary?

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 in disability, disease, obesity and poor mental health. As well as making you fitter, physical activity will not just increase a child's chances of a longer healthier life but also a happier one.

Physical activity is anything that makes your heart beat quicker and make you breath harder because your body is using energy. Children should build up at least one hour of moderate activity each day of the week. This may include walking to and from school, playing at break times, attending an after school club or playing sport.



How Can Adults Help?

The success of Active Schools relies on many different people and many different organisations. If you are interested in helping children be more active you can contact your local school or your Active Schools Co-ordinator. You could help by either running a club, leading a walking bus, fundraising for equipment, taking registers or simply setting up a hall ready for a session. You could help just once or as often as you like. Through Aberdeenshire Council and Active Schools there are opportunities to gain any qualifications necessary to support you in carrying out these tasks. Please contact me now or in the future, it's never too little or too late!

What are Active School Co-ordinators currently doing?

We have been busy auditing schools and surrounding communities to discover what is currently available, for example - extra curricular clubs, sports classes, school facilities, coaches, volunteers, equipment, transport, community groups and leisure facilities. We are not only busy meeting the school staff and pupils to see what types of activity they would like to do but also linking to existing community groups to establish greater links between these groups and the local schools.

Health Checks in the Schools

All schools in the Fraserburgh Network have now completed health checks consisting of six basic activities to test the overall fitness of the children. These tests cover areas such as cardiovascular, muscular endurance, speed, strength and flexibility and have proved to be a great success with pupils as well as teachers as a good guide to a child's fitness.

Results of the tests have been documented and results will be published in due course.



Pupils taking part in 2 separate health check activities

FSA (Food Standards Agency) & AFC Dons in the Community FOOD, HYGIENE AND FITNESS

Primary 3 and 4 pupils from seven schools in the Fraserburgh Network have been learning football skills from AFC Community coaches. The project is delivered during a six week block within the schools. 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 relating to health and hygiene. The children taking part also receive goodies and a certificate of completion.



New Trampoline Club

A Trampoline has been introduced to Rosehearty Primary School and a few taster sessions for pupils have been successful. It is hoped to start a permanent 'after school club' in due course. Below are some of the children taking part.

Multi-Sports

Multi-sport taster sessions are currently being run in some of the Fraserburgh schools for P4-7 with

Soft play sport aimed at P1-3. It is designed to give the children the opportunity to experience different sporting activities with the option of forming sustainable 'after school clubs' throughout the academic year.

To complement the 'after school clubs' Active Schools is soon to start *Positive Playground Programmes* in various schools throughout the Fraserburgh Network with the training of P6 pupils who wish to take part in the project.

Club Golf

An In Service training day has taken place recently for teachers and volunteers and was a great success. The teachers and volunteers will help deliver a 4-6 week programme to P5 pupils between February and April 2007. All pupils who take part in the training will be entitled to go forward to a local golf club for further after school training hopefully from May onwards.





Fraserburgh Young Joggers/Flyers

Fraserburgh Joggers is an 'after school club' open to all children in the Fraserburgh Network run by Active Schools and PHP. It currently has over 60 members with approximately 30 children attending each week. The club is led by two qualified Jog Scotland coaches trained through Active Schools. The club reopened in August 2006 and has gone from strength to strength. During the summer months the joggers met at the Links, but during the winter months the pupils use the facility at Kessock Park. The group meets on a Monday evening between 4pm - 5pm. New members are always welcome and can contact myself or Jill Noble for details.



Summit Climbing Wall

The children climbed high on the summit climbing wall in November 2006. The wall was made available for use over four consecutive days by all the country and rural schools with 8 schools taking advantage of the facility. Although most sessions were scheduled after school between 4pm - 8pm the children were positively enthusiastic despite the cold and sometimes harsh weather conditions. Large numbers of children turned up for the activity with Active Schools providing transport for certain schools. Many thanks to parents and helpers who helped with transport.

Dance has currently featured in some schools within the network and is ongoing in others. It has proven to be very popular and a great success with boys and girls alike. These taster sessions are likely to lead on to 'after school clubs' by popular demand of both parents and pupils.

YDance a professional dance organisation from Glasgow who conduct tuition and training throughout the UK are coming to Fraserburgh to give tuition to participating schools within the network. An In-Service day for teachers is to be held at Rosehearty Primary school on 27th February relating to the YDance programme.

Forthcoming Activities & In-Service Training

Basketball is proving a very popular activity with the P4-7 pupils and Active Schools have already set up a successful club in the cluster and would like to promote more clubs with a coaching course to be held in May. Likewise, netball is proving to be a popular pastime within the schools and an In-Service training day for teachers and volunteers is to be held at Fraserburgh Academy on the 24th February with Active Schools training 22 teachers as Netball Scotland coaches.

A British Heart Foundation **Jump Rope for Heart** skipping and training programme is also to be held at Rosehearty primary school on the 22nd March for interested teachers and volunteers.

Throughout January and February 2007, Active Schools is funding a keep-fit self-defence programme over a 5 week period, 4 afternoon sessions per week, after school. The sessions will be held at the Bodytec Gym, James Ramsay Park, Fraserburgh, coached by Albert Ross. Schools involved in the programme at present are Fraserburgh North, Lochpots, Sandhaven and Crimond.

A programme of events is being planned for the Easter holidays to include Swimming, Rugby, Basketball, Dance and other various activities. A programme of events will be sent to all schools.

