Active Schools Berwickshire:

Duns

June 2012

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Active Schools Website

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BSLT’s Summer Programme Launched

2012 Summer of Sport will not only be busy for international athletes competing in London 2012 and the Euro 2012, but will be busy for Berwickshire children aspiring to be athletes themselves! The Summer Programme is jam-packed with sports and activities to keep children active and with only weeks of BSLTs Active Schools Olympic Passport in to go, numbers are anticipated to be high! Throughout the holidays there will activities throughout - not just one week! This year will see one packed week running from 23rd-27th July with P1-3 activities coinciding with P4-7 activities to allow parents to have their children attend activities at the same time. There will be a initial week at the start of July (9th-13th July) allowing children who may miss the main week to take part in activities linked to their passport. This year will also see various sports camps – cricket, cycling, fencing, football, gymnastics and tae kwon do. Surfing continues to be fully booked and will see 4 dates this summer. There will be a one-off beach volleyball session along with a Junior Aquathlon on 10th August, which will act as the first Junior event in Eyemouth. At Duns Swimming Pool there will be 2 water polo sessions on 11th and 25th July. This year the P1-3 Kidz Club changes its name to coincide with London 2012 and becomes – 2012 Multisport/2012 Ball Sports/2012 Racket Sports, but will cover similar activities, but slightly more specific.

As numbers are limited it is highly recommended that you book well in advance to avoid disappointment. To sign up go to http://www.bslt.org.uk/events.html to download an application form and/or programme or call BSLT on 01896 756 274.

This year BSLT’s Active Schools and Sports Development have put together a summer activity timetable for pupils from S1-S6. The activities include:

For more information on these activities (cost & booking) please see posters and flyers in school; for more information visit www.bslt.org.uk & www.sportborders.org.uk or contact Marianne O’Brien: 0788 747 1133.

London 2012 becomes Berwickshire 2012 as Olympic Torch arrives!

It seemed an eternity away when London won their bid to stage the World’s greatest sporting spectacle, however on Thursday 14th June 2012 Berwickshire was part of the London 2012 legacy and small communities were made to feel part of the games! The Torch passed through Greenlaw, Duns, Chirnside and Foulden on its way to Berwick and Alnwick for the evening celebrations. Children have been soaking up the Olympic spirit, learning about the Olympic and creating their own Olympic torches. Greenlaw Primary School welcomed neighbouring schools to their Torch Relay Party on 14th June prior to the Torch arriving. The day involved a variety of sporting activities and was enjoyed by staff, pupils and community members.
As reported in the Berwickshire News on Thursday 31st May, pupils from Greenlaw Primary School have been selected to represent the primary school and the Scottish Borders at London 2012’s Opening Ceremony. Pupils from schools across the United Kingdom that are part of London 2012’s Education Get Set Network were selected to act as the Guard of Honour as the Torch arrives in the Olympic Stadium on 27th July - a truly magnificent honour and one these children will never forget!

Olympic Passport – final few weeks!

With the Summer approaching fast there are now only weeks to try out as many different Olympic sports to complete as much of your Olympic Passport as you can. The Summer Programme will cater for many of these activities for P4 to P7 aged children. Remember Olympic Passports must be returned to your schools after the holidays to ensure that you receive your medal based on the number of points that you have accumulated.

News

Young Ambassadors play their role in Torch Relay

Over the past year Berwickshire High School’s Young Ambassadors Josh Herbert and Nicola Wealleans have been working hard on increasing participation in school sport and PE, spreading the word of the Olympic and Paralympic Values - respect, friendship, excellence, courage, determination, inspiration and equality - and promoting the London 2012 Olympic and Paralympic Games.

Both Josh and Nicola were involved in the Olympic Torch Relay event at Netherdale, Galashiels on Thursday 13th June accompanied by London 2012 Young Ambassadors from across the Scottish Borders. The team were involved in assisting with activities for local primary pupils on the day and made a ‘Guard of Honour’ to welcome the torch to the new 3G arena, which was carried by Scotland’s most capped rugby player Chris Paterson.

This truly was a once in a lifetime experience for Josh and Nicola not only to be involved in the event but to be so close to a sporting legend and the Olympic Torch and Flame!

“To be involved in the ceremony at Netherdale with the Olympic Torch was a once in a lifetime opportunity and to be involved was very special. I have gained many things as a Young Ambassador, such as leadership skills and have thoroughly enjoyed the opportunity.” (Josh Herbert, Young Ambassador)

“I never thought I’d get the opportunity to be involved in such an event. This year has been great and I’ve enjoyed interacting with the children and getting them excited about the Olympics.” (Nicola Wealleans, Young Ambassador)

On behalf of Active Schools, I would like to thank Josh & Nicola for their hard work and enthusiasm this year, which they have used positively to enthuse children in the Duns cluster and beyond.
Pupils across Duns Cluster pass Bikeability 2

P6 & P7 pupils from Chirnside, Duns, Greenlaw and Swinton primary schools have been receiving lessons from willing volunteers to ensure they know how to be safe on the roads and how to signal their intentions to other road users. A total of 38 pupils successfully passed their assessment and will now hopefully develop their skills by cycling safely on the roads in their local community.

“I enjoyed riding my bike on the road” (Duns PS, P6)
“I enjoyed learning how to ride my bike in school time.” (Duns PS, P6)

Children will be able to develop their cycling skills off road in the Summer in Eyemouth where they can sign up for sessions on 19th and 26th July and 2nd August from 10am-12pm. To register your child please do so using the Summer Programme application form or call BSLT on 01896 756 274 or go to http://www.bslt.org.uk/events.html to download an application form.

Champions continue to inspire pupils

Former Olympic and Commonwealth swimmer Euan Dale visited Greenlaw Primary for his final Champions in Schools visit to inspire the 14 Primary 7 pupils. His final session focused on Winning Attitudes and how he has maintained a winning attitude to achieve the successes in his life as well as looking at how others have overcome their challenges in life. Euan has truly inspired the pupils at Greenlaw, who have soaked in everything that he has talked about over the three visits.

“Champions in Schools was really good fun and I learnt a lot, I set myself a goal of getting into the pipe band and I achieved it.” (Greenlaw PS, P7)

“Champions in Schools is amazing and a great experience.” (Greenlaw PS, P7)

“Champions in Schools is awesome. I think you have to work hard, believe and keep working at it if you want to achieve a goal. I tell myself I can do this. I will do this.” (Greenlaw PS, P7)

“Having a champion in the classroom has been so inspiring, and made it much easier for the children to identify with him – even the most reluctant children were keen to take part.” (Mrs Roche, Greenlaw PS P7 teacher)

One class of Berwickshire High School S1 pupils were chosen to take part in the program this year and received their final visit from Sarah Adlington, Great Britain Judo Player on Winning Attitudes. The class got involved in goal setting, keeping food diaries and even practical sessions in Judo taken by both Sarah and local Commonwealth medalist in Judo Jenni Millar. This was a unique opportunity brought to the group by Active Schools.

Greenlaw Primary pupils and staff attended the Champions in Schools showcase on Wednesday 13th June at the Volunteer Hall in Galashiels and pupils were selected to present a short picture storyboard on Euan’s second visit that focused on Healthy Choices. Having to present to an audience may have seemed daunting, but the children presented confidently to other children involved in the project as well as other Scottish Borders champions Sarah Adlington, Janet Jack and Chris Patterson and Glasgow based David Wagner, who is an up and coming motor racing driver. The Showcase acts as a final celebration of the project and gives children the chance to meet other Champions as well as teachers and parents to celebrate the work the children have completed.

Next school year will see another school in the Duns cluster selected to take part in the Champions in Schools programme.
London 2012 excites pupils in Duns cluster.

Pupils in the Duns cluster have been getting enthusiastic about the Olympics through activities in their schools and getting to meet international sporting stars and taking part in activities celebrating the values of the Olympic & Paralympics.

Schools have been taking part in the London 2012 Young Ambassadors Value of the Month award. This was promoted by Berwickshire High School’s Young Ambassadors Josh Herbert and Nicola Wealleans. Schools have been awarding a pupil per class each month focusing on the Olympic and Paralympics values. This has proved very successful and children have learned the importance of these values in their daily lives. Pupils got the opportunity to meet sporting stars and hear of their experience.

Euan Dale talked to pupils at both Greenlaw and Duns Primary Schools about his Olympic experiences and what it takes to be an Olympian, whilst Coldstream and Eccles/Leitholm Primary School pupils heard former British Judo player and Olympians Jenni Millar. All children were inspired by their experiences and their stories.

“It was exciting to hear about judo and to know you can go places.” (Eccles/Leitholm, P5)
“It was interesting to hear about Jenni’s experience of the Olympics” (Eccles/Leitholm, P4)
“It was interesting finding out about judo because I didn’t know much about it” (Eccles/Leitholm, P4)

School-Club Link Focus:

A new piece for the newsletter is School-Club Link Section which will focus on a specific local sports club. This section will promote a local club that caters for primary/secondary aged children and is doing a great job to encourage more children to be more active.

This term looks at Grantshouse Tae Kwon Do Club who not only a recently formed in 2011, but are part of BSLT’s 2012 Summer Programme in Berwickshire.

**Club:** Grantshouse Tae Kwon Do  **Club Coach:** Katy Pitts  
**Day & Time club trains:** Monday/Tuesday/Wednesday/Friday @ 5pm-6pm  
**Location:** Grantshouse Village Hall

Grantshouse Tae Kwon Do club formed last year and is a division of Angus Budge Tae Kwon Do Club in Edinburgh. Katy is a fully qualified Tae Kwon Do coach (Taekwondo Association of Great Britain (TAGB) Instructors Course) and has competed. The club caters for children from P3 to S6 and allows them to develop their skills as well as develop their mental skills and discipline.

Katy has been involved in the sport since 2005 and has competed in the Welsh Championships (2nd place Patterns), English Championships, Scottish Open Championships and South West Championships (3rd place Patterns).
“Being involved in Tae Kwon-Do has given me confidence, fitness and a lot of friends. I enjoy instructing Tae Kwon-Do as it gives me a chance to give back to the sport, help other people to gain confidence in themselves and learn how to protect themselves.”

She qualified as a coach in 2011 she was keen to develop a club for children in the local area as the next nearest club is in Edinburgh.

“The club aims to deliver high quality tuition in a safe, friendly environment, for all ages and abilities.”

If you are a coach or a member of a local club and are keen for your club to be promoted in the newsletter and encourage more children to get involved then please contact your Active Schools Coordinator Magnus Moncrieff on 07557845621 or mmoncrieff@bslt.org.uk

Active Schools Needs You!

Active Schools are always looking to recruit new enthusiastic volunteers to help deliver after school or lunchtime clubs or assist with projects that are coordinated through schools. To ensure children have as many opportunities as possible to be active and link to local clubs and organisations, there are opportunities available to get involved with school or community clubs. If you have an interest in sport and/or physical activity and have some time that you could offer, please contact your Active Schools Coordinator Magnus Moncrieff on 07557845621 or mmoncrieff@bslt.org.uk

Upcoming Events

**Cricket Scotland Summer Camp**
- 3rd-5th July (Manderston Cricket Club)

**Duns Summer Programme:**
- 9th-13th July & 23rd-27th July (Berwickshire High School)

**Fencing Fun Summer Camp:**
- 9th-13th July (Berwickshire High School)

**SFA Football Summer Camp**
- 16th-20th July (Berwickshire High School)

**St Vedas Surfing School Summer Lessons**
- 19th, 20th, 26th & 27th July (Coldingham Bay)

**Cycling Mountain Bike Skills:**
- 19th, 26th July & 2nd August (Eyemouth High School)

**Beach Volleyball:**
- 27th July (Coldingham Bay)

**Debbie Couch Gymnastics Summer Camp**
- 30th July-1st August (Eyemouth High School)

**Cricket Scotland Summer Camp**
- 31st July-2nd August (Eyemouth High School)

**Grantshouse Tae Kwon Do Summer Camp:**
- 2nd-3rd August (Grantshouse Village Hall)

**Junior Aquathon:**
- 10th August (Eyemouth Leisure Centre)

**Duns Rugby Club Summer Camp:**
- 18th August (Berwickshire High School)

All above summer activities must be booked in advance!
For more information on what’s going in the area go to...

www.sportborders.org.uk/activeschools