

Active Schools Review of 2011

The Newsletter from Active Schools in East Renfrewshire

Issue 1, Nov 2011

Bank of Scotland National School Sport Week 2011

A record 82% of schools in East Renfrewshire signed up to take part in the Bank of Scotland National School Sport Week between the 6th and 10th June 2011 – Scotland's biggest ever School Sport event.



Children from OLM primary School, with Active School Coordinators Gary McGunnigle & Kerry Comerford celebrate Bank of Scotland National School Sport Week.

Inspired by the London 2012 Games, schools across Scotland held opening and closing ceremonies, torch relays, mini-olympic and paralympic style events throughout the week.

Sebastian Coe, Chair London 2012 said, "Bank of Scotland National School Sport Week gets bigger every year, with more young people being encouraged, inspired and motivated to take up sport and be the best they can be. This is what our London 2012 legacy vision is all about".

East Renfrewshire's Active School's Team launched their Sport Week at the Greaves Sport Running Festival 1km children's race. Over 100 children from P4 – P7 took part and were encouraged to take part in many other sporting activities on the day. Special mini tennis courts were set up, turbo bikes were popular and many of the young people hit home runs on the softball diamond. The tug of war was a challenge, as was tossing the caber. There was parachuting, bouncing on the space hoppers and welly throwing!



Throughout the rest of the week, there was break-dancing, karate sessions, cricket, dance championships, the Tommy Burns charity primary football event, a cycling road show and play festivals.

Keep an eye out for next year's event to be held from 11 - 15 June 2012 ...only five weeks before the London 2012 Olympic Opening Ceremony on 27 July.

Meet the team . . .

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Cluster Tournaments and Sports Festival Programme

Throughout the academic year, all primary 5 pupils in East Renfrewshire took part in a sports festival involving all the schools in their cluster. The festival programme began with the Mearns Castle cluster taking part in a hockey festival at Barrhead Sports Centre. Other festivals included basketball, netball, athletics, rugby, tennis and football. The festivals were a huge success and are a great way of introducing children to sport and meeting new friends from other schools!



*Williamwood Cluster Basketball /
Mearns Castle Cluster Hockey*



Youngsters serve up a feast



Tennis fever came to town recently as primary 4 pupils from all over the authority served up a feast of fun during the annual East Renfrewshire Primary Tennis Competition which took place at Giffnock Tennis Club.

The competition saw six primary schools compete with all players taking part in a minimum of five matches. Festival organisers and club coaches were impressed with the rallies and standard of play with Our Lady of the Missions coming out as winners.

OLM then went on to represent East Renfrewshire at the regional finals held on 22 October 2011 as part of the Aegon International Tournament and finished in a fantastic 2nd place overall! Congratulations!

Netball Development

It was double success for Our Lady of the Missions Primary school who also won the East Renfrewshire area primary school netball tournament for 2011. The standard of netball was exceptional and Active Schools would like to thank all the dedicated coaches, many of whom are volunteers, who deliver netball lunchtime and after school clubs.

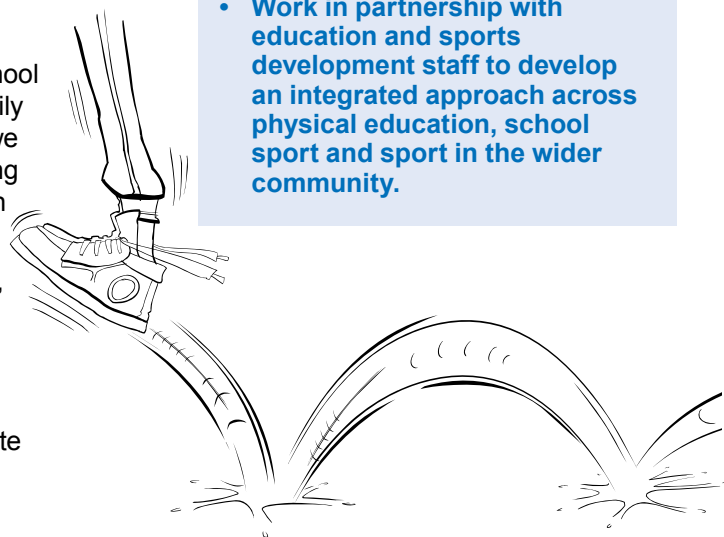
All players were also encouraged to keep playing in secondary school and were given information on joining the East Renfrewshire district squads and development clubs.

The district squad trains every week and plays regularly in tournaments across Scotland. For more information on netball squads and teams please contact Kirsteen Torrance, St Luke's cluster ASC.

Mini MovERs

Mini MovERs is a specific resource, developed by Active Schools, to assist any child who may need a helping hand when it comes to basic movement skills. Staff in all pre-school establishments and primary schools utilise this resource daily to assist children in many of the basic movement patterns we take for granted including walking, running, jumping, skipping and balancing. Many of the children who have been through the programme are already feeling the benefits.

In the early stages of a child's life, movement including play, crawling, walking and exploring are vital for their physical and mental development. Children need as much exposure to physical activity as possible, especially in the early years to allow their development to stay on track. Through Mini MovERs more children will have the confidence to participate in sport and physical activity in future years.



Active Schools National Outcomes

Increase the number of children and young people participating in school and community sport and;

Increased capacity through the recruitment, retention and development of a network of volunteers to deliver sport in schools and the wider community.

Our priorities...

- **Recruit, retain and develop a network of volunteers, coaches, leaders and teachers.**
- **Increase the number of young people engaging in volunteering as sport leaders and coaches.**
- **Increase the quality and range of opportunities offered before and after school and during lunchtimes.**
- **Increase participation amongst under represented groups including girls and young women and children and young people with a disability.**
- **Develop effective pathways between school and sport clubs to support the transition from school to community sport.**
- **Motivate and inspire school aged children to participate in sport by delivering programmes designed to maximise engagement with London 2012, Glasgow 2014 and the Ryder Cup in 2014.**
- **Support the development and delivery of sportscotland led initiatives including Positive Coaching Scotland.**
- **Work in partnership with education and sports development staff to develop an integrated approach across physical education, school sport and sport in the wider community.**



Primary Badminton Championships

Active Schools recently had around 150 pupils participating in the East Renfrewshire Badminton Championships. The overall standard of play was very high and there were some excellent matches throughout the day. Staff and organisers were treated to some tense games.

Well done to all those who took part and particular congratulations to the finalists and winners!

Schools go Cross Country

Nearly 100 primary pupils from across East Renfrewshire came together earlier this year in the annual Primary Cross Country Championships at Rouken Glen Park.

Participants faced a demanding, hilly and often soggy course as they made their way around the 3km circuit, taking part in both individual and team races. Well done to all those who took part and many congratulations to the winners.

Active Schools would like to thank all of the teachers, parents and other school staff who supported the event on the day and who helped ensure the pupils had a great time! Special thanks go to East Renfrewshire Council's PE staff who lead the organisation of the marshalls, course layout and the results!



Football Development

The Football Development Team in East Renfrewshire provides opportunity for all local residents to get involved in football in a variety of different ways. These range from taking part and putting your playing ability to the test in one of the many Football sessions to coaching, volunteering or participating in our Coach Education programme.

For more information on what football activities are available near you please contact:

John Gervaise

SFA Football Development Officer

0141 577 3922 or email: john.gervaise@eastrenfrewshire.gov.uk



Community Sports Development

The Sports Development team provides opportunities for all in a wide variety of sports ranging from basketball and netball to tennis and break dance.

Community sports classes cater from 18 months up to adults, with plenty of choice for everyone.

Sports Development link with the national governing bodies of sport and local sports clubs to ensure that appropriate pathways are in place to provide opportunities for continued, lifelong participation.

For more information on what is on in your area visit

www.eastrenfrewshire.gov.uk/activities or contact:

David Fraser

Assistant Community Sports Development Officer

0141 577 3920 or email david.fraser@eastrenfrewshire.gov.uk



Active Schools Eating Smart

Active Children Eating Smart is a new and exciting programme running throughout East Renfrewshire to support children and young people to be a weight that is healthy for them.

Each week there is a fun and interactive workshop on a different healthy eating topic and tasters of different activities and sports. Practical cookery sessions are even included as part of the programme and the whole family can join in too!

Bookings for the next ACES programme are being taken now. The ACES programme is completely free to join but places must be booked in advance.

For more information, an informal chat or to book your child a place on ACES please call **0800 027 0291**.

Positive Coaching Scotland

East Renfrewshire Council is rolling out the Positive Coaching Scotland Programme across all sporting activities to help parents, teachers, sports coaches and sports club committee members focus on what is really important in sport: effort, enjoyment, friendship, respect and developing a 'winning' mentality.

For more information on PCS please contact Barry Cook, Senior ASC.



A Targeted Approach

We know through research that there are some under represented groups when it comes to participation in physical activity and sport, including girls & young women and children & young people with a disability. Active Schools aims to change this and get all children more active, more often.

West of Scotland Paralympic Pathway Festival 2011

Recently, the Kelvin Hall in Glasgow welcomed 71 secondary school pupils with a physical disability or visual impairment to participate in Scottish Disability Sport's largest ever festival. A team of 10 pupils from various East Renfrewshire schools (Williamwood, St. Ninian's, Eastwood and Mearns Castle) attended the event, which acts as an introduction to Paralympic sport.

Organised by Scottish Disability Sport (SDS) in partnership with sportscotland's Glasgow Active Schools network, 11 local authorities across the West took part in coaching sessions for football, badminton, athletics, basketball, table tennis, judo and boccia.

Helping to inspire the participants was Beijing Paralympics Team GB cerebral palsy football captain, Jonathon Paterson, as well as Peter and Stephen McGuire, winners of the 2009 European Boccia



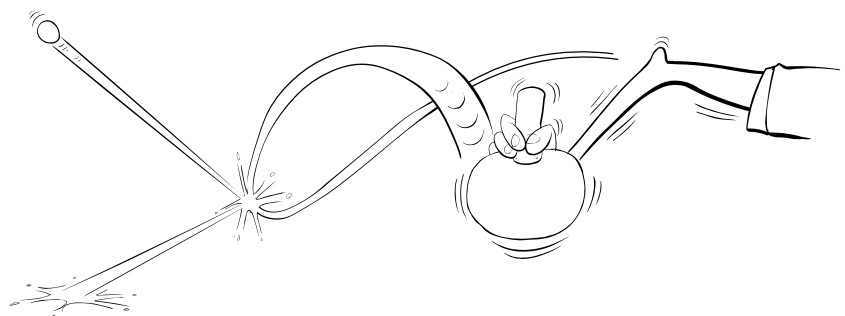
Championships BC4 Pairs event. SDS volunteer and Team GB Wheelchair Rugby player Mike Kerr was also on hand to offer advice to aspiring Paralympians.

"There are so many sports available now. There is always something available that can fit your level of

ability", said Jonathon Paterson, who captained Scotland at this year's CPISRA (Cerebral Palsy International Sports and Recreation Association) World Cup in Holland.

The message from the festival is that Scotland has a structured coaching pathway, one that can support people with a physical disability or visual impairment to participate in a wide range of sports and reach the highest levels.

Mike Kerr summed up the day by giving everyone one last inspirational message. "I believe anybody else can do what I have and I would love to think that some of these young people can be in my position in a few years and perhaps competing in the Glasgow Commonwealth Games".



East Renfrewshire Special Games

The first ever East Renfrewshire Special Games took place at Eastwood High School just before the summer holidays, with over 50 children taking part. The games started with a fantastic torch relay before pupils had the opportunity to participate in a variety of different sports, including football, badminton, boccia, curling, street-dance and athletics.

Active Schools also promoted further opportunities for physical activity and sport for children with additional support needs in the local community to encourage continued participation. These sessions include:

KAOS Club, Carlibar Primary, Tuesdays, 7.00-8.00pm
Warriors Club, Woodfarm High, Wednesdays, 6.00-7.30pm
Disability Football, Kirkhill Primary, Tuesdays, 6.00-8.00pm

For more information contact Michelle McManaman, Social Work Assistant on 0141 577 3784 or email michelle.mcmanaman@eastrenfrewshire.gov.uk



East Renfrewshire Council Multi-skill Academy



Dance Championships

The inaugural East Renfrewshire Dance Championships was held at Eastwood High School. There were entries from many secondary and primary schools across several different styles of dance including cheerleading, street-dance, 'glee', and ethnic dance. The results in the various categories were:

Primary street-dance –
Giffnock Primary
Runner up – Crookfur Primary

Primary cheerleading –
Carolside Primary
Runner up –
St Cadoc's Primary

Primary ethnic dance –
Busby Primary
Runner up –
Netherlee Primary

Primary 'glee' –
St Thomas' Primary

Secondary street-dance –
Woodfarm High
Runner up – St Ninian's High

Secondary cheerleading –
Eastwood High

Secondary ethnic dance –
Woodfarm High

Active Schools hope that this will become an annual event and that more schools will enter next year. Congratulations to all those who took part and put on a great spectacle!



September saw the roll out of the Active Schools Multi-skill Academy programme in Barrhead and Newton Mearns. The programme, now in its sixth year, targets young talented sportspeople within the authority, where they get the opportunity to develop and hone their fundamental movement skills.

In keeping with the Long Term Athlete Development (LTAD) model of talent development, the activities at the Academy are not sport-specific but instead based around FUNdamental motor skills and abilities.

While adhering to each of these four core principles, coaches at Multi-skill Academies deliver activities based around the development of skills such as hand/eye co-ordination, strength, running, striking, balance, agility, power, kicking, jumping/leaping and catching.

Along with the mastery of generic skills, the Academy also has a focus on identifying appropriate, high quality opportunities for these young people to continue their involvement in physical activity, through liaison with local clubs.

The Academy sessions run from September through to April and for more information please contact Gary McGunnigle, Barrhead Cluster ASC.

East Renfrewshire Highland Games 2011



Glorious sunshine and temperatures well into the '70s enticed thousands to Rouken Glen Park for the park's first Highland Games earlier this year. The event, part of national Tartan Day, was a fun packed experience for the whole family.

Active Schools were on hand to coordinate fun activities providing an opportunity to come and try their very own mini-highland games events, including shot putt, hammer and caber toss. Children also had the opportunity to participate in fun races in front of the many spectators.

A Junior Highland Games event was also organised, which was fiercely competed for by pupils from four East Renfrewshire high schools. In first place were Mearns Castle High represented by Ian Monaghan and Emma Shaw with runners up St Luke's, Barrhead whose sole competitor was Emma High. Third place went to St Ninian's Mark Carr and Lauren Wright and in fourth place were Williamwood representatives Alistair McCallum and Christiana Skea.



Transition and Leadership

Active Schools supports several leadership opportunities in sport and physical activity. Opportunities begin in P6 with the Playzone programme of playground games and continue into secondary school with the Sports Leader programme.

St Luke's High School, along with most other secondaries, have been successfully running the Sports Leader UK course as part curriculum for the past two years with a fabulous group of young volunteers delivering a range of activities and assisting events with their Active Schools Coordinator, Kirsteen Torrance.

One such event was the first ever schools swimming gala, with all P7s from St Mark's, St John's and St Thomas' primary schools. During the event all children participated in a range of fun swimming games and activities such as water polo, lifesaving and diving skills. There were also races for the stronger swimmers with medals for each race category. The Sports Leaders were put to the test and assisted with all the activities. Four of the Sports Leaders are also Lead 2014 volunteers. This is a special Commonwealth Games legacy project aimed at developing volunteers for sport and skills for life.

For more information on the Sports Leaders or Lead 2014 programme in your child's school, please contact your Active School Coordinator.



P6 Playzone Leaders at Carolside Primary



P7 Young Leaders at Carolside Primary

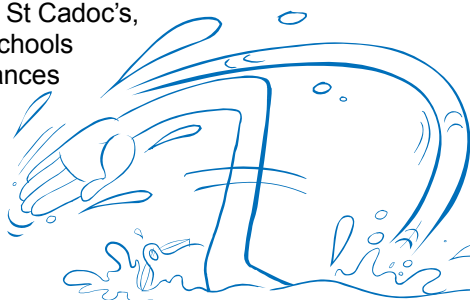
Active Schools support Primary 7 pupils with the leap to secondary school



Transition from primary to secondary school is a major step in any child's life. Active Schools use physical activity to assist this transition. Last term Active Schools ran 7 secondary transition events involving all 24 primary schools. Each secondary school had a sports event for primary 7 pupils from associated schools giving over 1200 pupils the opportunity to try new activities, see the school PE facilities and meet some of the secondary PE staff. The events create a foundation prior to primary 7 induction days at high school, where children can meet their new classmates from other schools in an informal way.

One such transition event at St Ninian's High School, a ceilidh for all the primary 7 pupils in the cluster, was organised and delivered in conjunction with the school's 6th year Sports Leaders. Over 280 primary pupils from Our Lady of the Missions, St Joseph's, St Cadoc's, St Angela's and St Vincent's primary schools jiggled away to a number of Scottish dances called and led by the Sports Leaders.

Strip the Willow was the favourite dance of the day and definitely worked up a sweat and a number of giggles!



Mearns Castle Cluster Transition Sports Day

All new S1 pupils at Mearns Castle High participated in the annual transition sports day just before the summer break. Pupils all came together for a morning of rugby, hockey, athletics relays and javelin throwing. Pupils were split house groups and each team gained their first house points. Well done to the Sutherland team who came out on top!

Focus on Barrhead

Legend cycles into town!



Cycling has been high on the agenda for all schools in Barrhead with St Luke's and Barrhead High Schools now proud owners of 30 bikes courtesy of Go Barrhead - a Scottish Government supported scheme to encourage sustainable modes of transport in the community. For the past 3 years, local work has focused greatly on improving infrastructure and access to cycle paths, safe road networks and creating appealing, safe pedestrian areas of the town. The benefits are already demonstrated in local statistics, measured through the hands up school travel survey. St Luke's cluster is showing a dramatic increase in the number of children walking and cycling to and from school.

Scottish cycling legend Graeme Obree, famous for developing his own bike from spare parts that led him to break the 1-hour track record, visited the St Luke's cluster recently to see the fantastic work that is taking place.

During this time he spoke of his career and the benefits of cycling, and the schools also hosted a question and answer session. The children then got on their bikes to complete 51.596 km in the playground as a class. This is the distance that Graeme covered to break the world record in 1993 on his bike named 'Old Faithful'.

Ice cold experience for pupils!

Pupils from all six primary schools in Barrhead participated in a curling competition at Greenacres Curling Club recently. Teams of primary 6 pupils represented their school at the competition which was the culmination of an Active Schools programme where coaches from Greenacres visited the primary schools to offer curling taster sessions. Auchinback and Carlbar schools won their groups on the day.

In addition, Greenacres and Active Schools were awarded funding from 'Awards for All' to further develop curling activities and in total, 14 schools within East Renfrewshire got the opportunity to visit Greenacres to experienced curling for real.

For most children it was their first time curling on ice with all pupils agreeing that they had thoroughly enjoyed themselves!

Turkish Delight in Barrhead

Last academic year Auchinback Primary School took part in an exciting programme called 'International Inspirations' where the school linked up with Bereketli Regional Boarding School in Trabzon, Turkey. Only 15 schools in Scotland have been selected to take part in International Inspirations.

The programme aims to transform the lives of 12 million children of all abilities, in schools and communities across 20 countries worldwide through the power of high quality physical education, sport and play and is supported by Youth Sports Trust, the British Council and Unicef.

The Turkish Government are very keen to develop a similar model to Active Schools across Turkey. Exchange visits between the schools have already taken place where a partnership plan was agreed that will see both schools work together to enhance the educational experience of young people using sport as a focus.

The International Inspirations programme has another year to run and if you would like more information please contact Barrhead Cluster ASC, Gary McGunnigle.

Club Showcase

On Sunday 4th September, Williamwood High School hosted a showcase for local sports clubs. All primary 6 to S2 pupils from East Renfrewshire's schools were invited to come along and take part and 12 local clubs were present from a number of different sports including tennis, trampolining, rugby, hockey, karate, judo, basketball, golf and street dance.

Everyone attending had a great day and at the end of the event all children received a bag filled with contact details and special offers from the clubs. Special thanks from the Active Schools team go to the local clubs and Councillor Montague for attending the showcase.

The next showcase is due to take place in March and information will be distributed in the schools nearer the time. If your club is interested in attending please contact Williamwood Cluster ASC, Lesley Palmer.

