

Welcome to the second issue of our newsletter. There has been lots going on this term in the Western Isles, to get more children, more active, more often ...

## Issue 2 - December 2009

### The Western Isles Active Schools Team

#### A word from the Team Leader...



Active Schools has now been running for 5 years in schools throughout the Western Isles, and continues to go from strength to strength. This newsletter provides you with a flavour of what the hard working team has been up to recently. Part of our focus this term has been the setting up of the delivery of the Young Leader Award to all P7's. The award fits in well with Curriculum for Excellence and we have already witnessed the benefits to both the pupils and the school community. Our thanks go to all the school staff and the small army of volunteers who help us let more young people see the benefits of leading a healthy lifestyle.

iain.campbell@cne-siar.gov.uk  
01851 709 195



**Christine Macquarrie**  
Active Schools Coordinator  
Uist & Barra  
c.macquarrie@cne-siar.gov.uk  
01870 603 591



**Jenna Stewart**  
Active Schools Coordinator  
Harris & Westside  
jenste@cne-siar.gov.uk  
01851 705 187



**Magnus Moncrieff**  
Active Schools Coordinator  
Greater Broadbay  
magnus.moncrieff@cne-siar.gov.uk  
01851 709 196



**Janet Macleod**  
Active Schools Coordinator  
Nicolson Institute  
janet.macleod@cne-siar.gov.uk  
01851 709 196



**Donald 'Dano' Macdonald**  
Active Schools Coordinator  
Back Secondary  
d.macdonald@cne-siar.gov.uk  
01851 820 230



**Christina MacWilliams**  
Active Schools Coordinator  
Liniclate Secondary  
cmcwilliams@cne-siar.gov.uk  
01870 603 585



**Alison Campbell**  
Active Schools Coordinator  
Sir E. Scott Secondary  
acampbell1i@gnes.net  
01851 502 944



**Hella Bickle**  
Active Schools Coordinator  
Castlebay Secondary  
hbickle1e@gnes.net  
01871 810 471

[www.cne-siar.gov.uk/activeschools/index.htm](http://www.cne-siar.gov.uk/activeschools/index.htm)

#### In this Issue...

Young Leader Awards  
Sports Leaders  
FSA / SRU Project  
Natwest Island Games  
Concept Rowing Tour  
Cycle Training  
Clubgolf  
...and lots more...

#### Volunteers

A huge part of Active Schools is the delivery of active sessions before, during and after school. A massive thank you must go out to everyone who offers their time & commitment to get children involved in physical activity, your involvement ensures children are given the opportunities to adopt and maintain a healthy lifestyle.



**We wish you all a very happy Christmas and all the best for 2010.**

#### Get involved with Active Schools...

If you have an interest in physical activity or sport, or would just like to be involved with school clubs and have time to spare then please contact the Active Schools team and we can provide you with more information.

# Children take the 'lead' with the Young Leader Awards



Sandwichhill P7s with their awards



Tolsta P7s with their awards



Knock P7s with their awards



Scalpay P7s playing 'Goalie'



Sandwichhill P3s playing games organised by the Young Leaders

Primary 7 pupils across the Western Isles are getting the opportunity to gain leadership skills and a recognised award through Sports Leaders UK. The Young Leader Awards is a scheme that not only compliments the four capacities of a Curriculum for Excellence but also provides children with fun games based lessons allowing them to develop their individual and team skills. This will then provide the school and younger children with young and enthusiastic leaders to organise fun games on a regular basis; thus, ensuring more young people are more active, more often.

All schools in the Western Isles have fully supported the scheme and can identify the benefits of the award for pupils and schools. With this being the first year of its delivery, coordinators, teachers and pupils will work together to strengthen the scheme to ensure that it becomes part of the school curriculum.

Pupils have enjoyed the scheme as can be seen from the photos and comments received from children and teachers have been positive.

- "I achieved more confidence and loads more teamwork"
- "I enjoyed the games, the planning, working as a team and everything about the lessons"
- "I am looking forward to organising games and helping people play"

## Concept Rowers prove successful

Primary 6-7 children across Lewis and Harris took part in a Concept Rower taster session. The aim of the tour was to provide children with the experience of rowing and master the technique as well as challenge themselves individually and as part of a team. All children thoroughly enjoyed the sessions and were very keen to enter teams into the sports festival event in January 2010, which is extremely encouraging, especially with it being a new addition. It was great to see so many children enjoying the activity, working as a team and motivating others to do well.



Children from Knock, Laxdale, Shelibost and Leverhulme Memorial enjoyed the rowing taster sessions.

## Lochdair try out Mini Highland Games

Active Schools co-ordinator Christine MacQuarrie visited Lochdair Primary School on Friday 27th November to deliver Mini Highland Games sessions as part of their activity day. P1-P3 children tried seated chest pass and shot putt and P4-P7 pupils tried seated chest pass and tossing the caber. Children finished off with a tug of war event, which was keenly contested!



Aird P6 & 7



Tolsta P6



Laxdale P6



Bernera P6 & 7

## Schools kick start year with cycling

Cycle training started early this year with several schools taking advantage of the weather before winter arrived. Cycle training is a big part of the Active Schools project calendar, ensuring P6-7 children are equipped with the skills to cycle safely throughout the year. Children then have the confidence to cycle on their own and can develop their skills by taking part in cycling sessions offered during the Motiv8 programme. A huge thank you must go out to those that offer their time to deliver these fun and essential practical sessions.

## Uist Schools take part in rugby festival

Active Schools co-ordinated a Touch Rugby Festival on Thursday 26th November at Lini-clate School for primary 6 and 7 pupils. Schools received three taster sessions in the lead up to the festival and so the response and numbers attending the festival were superb with fifty children attending from Daliburgh, Balivanich, Carinish and Paible. Ten teams participated and each played a minimum of four matches with Balivanich B and Daliburgh B meeting in a final play-off. The match ended in a draw. All teams and participants should be proud of their achievements and level of play on the day. Hopefully they keep practising and return to play in the Active Schools 6 Nations Tournament in March next year!!



Barra children receiving rugby coaching



Children who took part in the rugby festival at Lini-clate in November

## Children stay healthy with rugby and Food Standards Agency



Primary 4-7 children from Aird, Daliburgh, Knock and Scalpay took part in the Food Standards Agency and Scottish Rugby Union project. Children participated in six class and games based sessions focusing on the benefits of healthy lifestyles and good food hygiene. The key messages were re-enforced during the rugby sessions, playing games such as 'Bacteria Tig' and 'Food Traffic Lights'. Teachers provided positive feedback on the cross-curricular links the project makes and how the content fits perfectly with a Curriculum for Excellence's new Health & Wellbeing targets.



Scalpay children get ready to GO



Daliburgh have fun playing rugby



Knock children with their certificates



Aird children with their certificates



## Success of Island Games athletes celebrated



After a successful Island Games in Aland, Active Schools teamed up with some of the athletes to promote the achievements of the Western Isles team. A lot of work had been done across the Isles prior to the games to promote the opportunities available for children in competitive sport. Donnie MacLeod (silver medal, 400m), Grant MacLeod (swimming captain), Euan MacLeod (men's football) & Alison Campbell (silver medal 10km, bronze medal team half marathon) spoke with children about the success of the games and a photo presentation from the games was also shown.

Feedback from teachers and children was extremely positive and children realised that attending the games is achievable through hard work and a healthy lifestyle.



Children from Bayble with Donnie MacLeod



Children from Tong with Euan MacLeod



Children from Knock with Grant MacLeod



Children from Scalpay Primary



As part of the national roll-out, Active Schools will continue to support the delivery of Clubgolf to all primary 5s in the Western Isles. Children will receive fun games based lessons on putting, chipping and driving using golf clubs adapted to suit primary aged children.

Clubgolf has proved to be a great success with the children and will be commencing next year with the better weather.

If you are interested in getting involved or would like more information, please contact the Active Schools team.

### Sir E. Scott running club strengthens transition

Running has been a great success at Sir E. Scott with good attendance at the recent cross-country event at the Castle Grounds. This is a great transition event as it is open to primary and secondary children and as children travel and train together these relationships are strengthened. The running club, which runs on Thursday's after school is hoping to develop further and plans are in place to start an athletics club in Harris. Several other clubs are also open to both primary and secondary pupils to prevent drop out during the transition from primary to secondary school.



### Girls to get fit with...



Fit for Girls is a national initiative to get more teenage girls involved in regular physical activity. Active Schools have been working in partnership with school staff and secondary girls to identify sustainable ways to increase participation levels. It is important to identify the reasons as to why participation levels are dropping and develop a plan that will offer opportunities and pathways to current students as well as future year groups, to ensure this drop-off in participation is reversed. All coordinators and secondary schools PE staff in the Western Isles are currently in the process of devising plans to tackle these barriers to participation.

Feedback has already been obtained from girls in schools, with such suggestions as dance, aqua-fit classes, outdoor activities being some of the more popular suggestions.



Girls classes have already been successful in schools, as can be seen above during a spinning class at Sir E. Scott

### Sports Leaders training at the Nicolson

Sports Leaders training was offered as an elective option for 6th year pupils. This training consists of 35 taught hours, followed by 10 hours of voluntary leadership experience. Successful participants receive the Community Sports Leaders Level 2 Award. In a combined approach involving PE staff and Active Schools, pupils are exploring a wide range of sports-related issues and will gain valuable experience in organising and running community sports activities, as well as acquiring a worthwhile qualification.



### Back stay active with Inter House sports

Secondary pupils at Back School have been keeping active during their lunch breaks through an inter-house unihoc tournament organised by secondary coordinator 'Dano'. The four houses *Claymore*, *Seaforth*, *Colomba* and *Suilven* compete against each other in a round robin league tournament. It is a great way of getting the children active during lunch breaks and encourages all children to take part. During the last week of term primary and secondary children will be involved in a rowing tournament, which links in well with the upcoming sports festival event in the new year. Children will be involved in other sports/activities over the course of the year.

### Sports Leaders get involved on Barra

Pupils from S5 and S6 have been actively involved this year in the Sports Leader Awards. The leaders have been working with secondary coordinator Hella Bickle and PE teacher Amy Dickinson to organise an inter-house badminton tournament and will be organising further tournaments later in the year. Two of the sports leaders recently attained their PGA Golf Level 1 Coaching course, which means they will be able to assist with future coaching events on the island.



New PGA Level 1 coaches with PGA coach John Mulgrew

A recent swimming competition was also held on Barra for the first time between primary and secondary pupils from Uist & Barra. Over 50 competitors swam making the event extremely successful.

