



Active Schools News

Issue 1 - June 2009

In this Issue...

Natwest Island Games

Clubgolf

SRU/Food Standards Agency Project

Walk to School Week

Fun Four's

Highland Football Academy

Cycle Training



Natwest Island Games Schools Talks

Active Schools Coordinators Jenna and Magnus organised school talks for P5-P7 children and invited Western Isles Games athletes Euan 'Moley' MacLeod, Stewart MacPherson and Marina Murray along to speak. Included were Q&A sessions, powerpoint presentations, geography lessons (thanks Euan!) and a viewing of the DVD from the 2007 Rhodes Island Games. Also present for some of the talks was Murdo Morrison (MG Alba) who brought in the Scottish League Cup for the pupils to see. The focus of the talks was ultimately to promote the Natwest World Island Games, along with increasing the awareness of the importance of good health and an active lifestyle. Active Schools continue to strive to develop strong school to club links and the Island Games help to strengthen these pathways, not only by illustrating the opportunities of being able to compete at an elite level, but also the range of sports available to them within the local and wider community. Posters have been provided to schools informing them about how they can keep up to date with the progress of the Western Isles squad and plans are in place to have athletes return to the schools after the Summer holidays and inform the children about how they got on in Aland.

On behalf of Active Schools we would like to wish the Western Isles squad and our very own Jenna Stewart (women's football), Alison Campbell (10,000m and half marathon), Steven Munro (Women's football manager) and Dano MacDonald (Men's football manager) the best of luck. at the games.



Let's Get Active this Summer with Motiv8

The schools may have closed for the summer but the activities continue. A range of activities are available across the Western Isles from football to badminton and rock climbing to kayaking.

Let's get active this Summer and enjoy the full range of activities available. The Summers Motiv8 programme has been distributed to all schools, subsequently the programme for Lewis & Harris is now available to download on the Ionad Spòrs Leòdhais (ISL) website (<http://www.cne-siar.gov.uk/isl/index.asp>).

Bookings for Lewis and Harris must be made in person at the ISL. For details of Uist and Barra activities contact Christina MacWilliams on 01870 603585 or email cmcwilliams@cne-siar.gov.uk



Did You Know...?

The heart beats about 100,00 times per day, so you have to make sure you keep it healthy!





Pupils from Uig School, April 2009 on completion of their Club Golf Training



Tolsta children involved in Clubgolf driving.



Balivanich P5s enjoying their Clubgolf

Club Golf

The final rollout of firstclubgolf was completed this year with all P5 children in the Western Isles receiving the opportunity to have a go at golf. Since its inception in 2006, children from all 36 primary schools have enjoyed the experience of being Tiger Woods for the day.

'Hitting the targets was really fun and I want to do it after the summer holidays'
(Holly from Aird, P5)

Active School Coordinators, PE teachers & local golf club members helped deliver lessons providing children with an introduction to golf and to be involved in an alternative sport.



SRU/FSA Project

The Scottish Rugby Union teamed up with the Food Standards Agency to educate children about the importance of hygiene and healthy eating whilst learning basic rugby skills through fun warm-ups, drills and games. Since November 2007 Active Schools has helped coordinate the programme to 306 children in 12 schools and across the Western Isles. All children received a certificate and a signed photograph of the Scottish Rugby Union team for their school. Teachers and coaches who were involved in lessons were also rewarded with Scottish Rugby Union shirts.



Did You Know?
A round of golf (18 holes) can burn off approximately 300 calories

Walk to School Week

Schools across the Western Isles took part in this years Walk to School Week with this years focus being on the social aspect of walking and encouraging children to walk with friends to increase their enjoyment of walking and be safer on route to school. Children were encouraged to walk or cycle to school, however when this was not a viable option, parents and bus drivers were encouraged to drop their children at safe points to allow them to walk the remaining distance to school.

Many children saw it as a way of being active and healthy and enjoyed the peacefulness, fresh air and were able to admire the scenery, as opposed to sitting on a "stuffy" bus. One girl from Aird School enjoyed it based on "how energetic she was after it". On review of the Walk to School Week pupil and school evaluations it is evident that participating schools felt that it was a success and the children enjoyed it.





Fun Fours

240 children, 48 teams, 24 games over 2 days of football fun.

Active Schools and Sports Development worked together to organise a truly successful 4 a side football festival for P2-P3s and P4-P5s.

110 children participated in the P2-P3 festival on the 21st May and 130 in the P4-P5 festival on the 28th May. This years festival was a great success and positive feedback was provided from all involved. Lets hope next year can be even better.

'To see so many children playing football and enjoying themselves was an amazing sight' - Active Schools Team Leader Iain 'GG' Campbell.



Did You Know?

In one day the blood travels a total of 19,000km (12,000 miles) or four times the distance across America!



Highland Football Academy

Rod Houston and Peter Budge from the Highland Football Academy returned to the Isles for their annual visit along with our very own 'Oz', to deliver fun and active football sessions to primary and secondary children. Both coaches provided quality coaching drills and fun small sided games aimed at movement and ball control.

They are always on the lookout for the next Messi or Kaka...so keep practising!

Children at Back Football Club and Laxdale Primary School enjoy a session from Highland Football Academy coach Rod Houston



A note to our volunteers...

Thank you all very much for your hard work and commitment this year to help increase opportunities for children to be actively engaged in physical activity.

Interested in Volunteering?

Do you enjoy physical activity? Would you like to increase participation levels in sport/activities?

Do you have some free time? Would you like to be involved in an extremely rewarding opportunity?

If you answer Yes to any of the above then give one of the coordinators a call and we can discuss the opportunities available.

Active Schools Future Projects

- Young Leader Award
- Cycle Training
- Club Golf
- Highland Football Academy
- Fun Fours
- Motiv8
- After School Clubs

And lots more besides...
watch this space!

Upcoming Events...

Come & have a go!

Saturday 27th July:

Monday 6th July:

Saturday 18th July:

Saturday 15th August:

Saturday 12th September:

Natwest Island Games starts

Motiv8 programme starts

Lewis Highland Games

West Side 10k/Fun Run

Community Games

Cycling

Children in Primary 6 once again were trained and tested to give them the knowledge and confidence to be safe on the roads. Active School Coordinators trained up keen parents, teachers and members of the community to help deliver training through the Scottish Cycle Training Scheme, with local police officers testing the children on their cycle competency.



P6 children from Sandwich and Knock after their successful test.



Children from Tolsta (left) and Bayble (bottom left) with their certificates.

GG putting volunteers through their cycling paces! (below)



Did You Know?

- To burn off the calories in a chocolate bar (270 calories) you would need to cycle for 45 minutes!!



Active Schools Contact Details

Iain GG Campbell
Active Schools Team Leader
01851 709195
iain.campbell@cne-siar.gov.uk

Donald 'Dano' MacDonald
Secondary Coordinator - Back School
01851820230
d.macdonald@cne-siar.gov.uk

Jenna Stewart
Primary Coordinator - Harris & Westside
01851 705139
jenste@cne-siar.gov.uk

Alison Campbell
Secondary Coordinator - Sir E. Scott School
01859 502944
acampbell1i@gnes.net

Magnus Moncrieff
Primary Coordinator - Greater Broadbay
01851 709196
magnus.moncrieff@cne-siar.gov.uk

Janet Macleod
Secondary Coordinator - Nicolson Institute
01851 709196

Christine MacQuarrie
Primary Coordinator - Uist & Barra
01870 603591
c.macquarrie@cne-siar.gov.uk

Christina MacWilliams
Secondary Coordinator - Sgoil Lionacleit
01870 603585
cmcwilliams@cne-siar.gov.uk

Hella Bickle
Secondary Coordinator - Castlebay School
01871 810471
hbickle1e@gnes.net