

Happy New Year!

Welcome to the first Active Schools Newsletter for the Portlethen Network. The purpose of this newsletter is to raise awareness of Active Schools and to keep Parents and Staff informed of activities within the 4 cluster primary schools - Banchory Devenick, Fishermoss, Newtonhill & Portlethen - and the local community.

My name is Claire Perras and I am the Active Schools Coordinator for the Portlethen Network. I am based in Fishermoss Primary (postal address Fishermoss School, Berrymuir Road, Portlethen, AB12 4UF) and can be contacted on 07823 536203 or claire.perras@aberdeenshire.gov.uk

Active Schools Background

Currently 11 Networks in Aberdeenshire have a primary Active Schools Coordinator assigned to their cluster. 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](http://sportscotland.gov.uk) in partnership with Aberdeenshire Council and NHS Grampian. The fundamental aim of Active Schools is to give school aged children the tools, motivation and opportunities to be more active throughout their school years and into adulthood.

"More people, More Active, More Often"

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



Why is Physical Activity Important?

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 can contribute to:



In short, physical activity will not just increase a child's chances of a longer, healthier life but also of a happier one!

So what is physical activity? Physical activity is anything that makes your heart beat quicker and makes you breathe harder because your body is using energy. Children should accumulate (build up) at least one hour of moderate activity on most days of the week. This can be done in many ways. For example, walking to school, playing outside, joining a club or playing sport. **Recent figures show that at 11 years old only 55.5% of boys and 41% of girls achieve this.**

How can adults help?

The success of Active Schools relies on many different people and many different organisations. If you are interesting in helping children to be more active you can contact your local school or your Active School Coordinator. You could help by either running a club, leading a walking bus, fund raising 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 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**

Volunteers Needed

- ★ To help with a Netball Club in Portlethen Primary ★
- ★ To help supervise lunch time skipping clubs (see back page) ★
- ★ To assist with ClubGolf lessons (see back page) ★
- ★ To help with after school multi-activity sessions ★

If you would like to find out more then please give me a call.

One of the very first tasks your Coordinator has undertaken, was to conduct an audit of the schools, their staff and the parents - to gain a better picture of what's already in place and what you would like to see being developed.

A BIG

Thank You

for everyone who has completed and returned an audit

Badminton

A free taster session was run on the 9th November for P4-P7 at Portlethen Academy. This was a huge success with 44 kids taking part, which has allowed a new club to be set up that practices on Thursday nights 6-7pm, with 21 players in regular attendance.



For any more information please contact **Joan Prieur** - Badminton/Volleyball Development Officer, 01569 768352/8



Rugby

Working with **Mackie Rugby Club** in Stonehaven we have been able to provide every P4-P7 with a 'touch rugby' taster session during the school day. If the kids enjoyed the session then they could go to the 4 weeks of after school club in each school (2 weeks in Banchory Devenick) which followed the tasters.



These have been fantastic fun and those who have attended also went to the festival, held on the 1st December at Mackie Rugby Club. We were very lucky to have the famous Calcutta Cup present. Hopefully this will make joining the regular rugby sessions less daunting and encourage more kids to take up the sport.



Thanks to the club coach **Rob Potter** for all his hard work. The clubs junior section meets every Saturday morning at 9.30am - 11am, Forest Park - Stonehaven.

Also: Wednesday Evenings in Stonehaven

Scout Hut	Leisure Centre
6-7pm Micros	5.50-6.55pm P5's
7-8pm P4's	7-8pm P7's
8-9pm P6's	

Call Rob on 07729883483 for more details

Volleyball

At the end of term 1 some of the P4-P7's were given the chance to try volleyball during school time. This could not be offered to all due to limited coach availability but the opportunity of a free taster session at Portlethen Academy on the 10th October was available to all the P4-7's.



We were overwhelmed at the taster with 57 kids turning up! **BRILLIANT!**

There are now 41 kids going to the regular sessions on Tuesday nights, 6-7pm.

Well done to all of the coaches involved - keep up the good work.

For any more information please contact **Joan Prieur** - Badminton/Volleyball Development Officer, 01569 768352/8

NHS - Positive Playtimes

This peer education programme gives P6/7's the leadership skills and confidence to work in teams during playtimes, encouraging active, fair games to the infants. This has been successfully delivered in Banchory Devenick and Portlethen Primary during Term 1.

WELL DONE to all the new KIC (Kids in Condition) Trainers and good luck in the playground!



In the pipeline!

CLUBGOLF



Due to be delivered in Term 3 this initiative aims to allow every child in Scotland "to experience golf by the age of 9". We will be looking for teachers and volunteers to deliver this with free training being made available in Tuesday 16th January, Newtonhill School, 4-6.30pm. Anyone who is interested then give me a call.

SKIPPING



A fantastic opportunity for pupils of all ages to learn new skipping skills - this programme follows 6 weeks of curricular delivery involving teachers and volunteers. From this we would like to start a lunch time club to encourage the kids to further their skills. There is a skipping workshop on the 23rd of January at Newtonhill, 4-6pm that you can attend to find out more. If you are interested give me a shout.

HIP HOP

Something different! Hopefully this will appeal to those who are not so keen on sport. In conjunction with the charity 'Showcase the Street' we are planning after school sessions for Term 3 in Fishermoss & Portlethen followed by Term 4 Banchory Devenick & Newtonhill.

YOGA BUGS

"Yoga classes for kids are about weaving classical Yoga postures into story telling to captivate their imaginations" Yoga Instructor. Classes will be aimed at P1-3's and are due to start in Term 3.

Some clubs your child can attend

Banchory Devenick School

Kids in Condition Mon 2.30-3.15pm P1-3

Fishermoss School

Netball Mon 3.20pm P4-5

Netball Thurs 3.20pm P6-7

Newtonhill School

TaeKwonDo Mon 2.45-4.30 P1-7

Country Dance Wed 3.30-4.30 P4-7

Hockey Thurs 3.30-5.00 P4-7

Portlethen School

Hockey Tuesdays 3.20pm P4-7

Portlethen Penguins

Portlethen Pool - Fridays, Age 7+ Sessions start at 7.30pm. Contact Maureen Shearer 01224 781755 after 4pm for more details.

Athletics Club – Portlethen Academy

Wednesdays 6-7pm P1-3

7-8pm P4-7

Call Portlethen Pool (01224 782918) for more info

Soo YangDo – Portlethen Academy

Mondays 6-6.45pm 5-8years

& 6.45-7.45pm 8-11years

Wednesdays 7.45-8.45pm 12 years+

Call Colleen on 01224 826798 for more info

Bettridge Centre, Newtonhill

Badminton Wed 4-5pm P4-5

Badminton Wed 5-6pm P6-7

Choi Kwang-Do Fri 5.30-7pm age 5+

Netball Thurs 5-7pm P5-7

Did you know?

Aberdeenshire Council apply a concessionary rate to all their recreation activities? You could be entitled to a discount. Please call Elaine or Fiona on 01467 628283 or email elaine.murray@aberdeenshire.gov.uk or fiona.murray@aberdeenshire.gov.uk for an application form. The concession would allow access to Aberdeenshire Council Leisure & Recreation facilities, including swimming pools & lessons, Sport Centres, Sport & Active Lifestyle classes and Active School activities, where a charge is applied.

GET UP AND GO IN 2007!

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