

Welcome to issue 6 of the Banff network Active School newsletter. The purpose of my newsletter is to inform teaching staff, auxiliaries and other staff what Active schools is doing across the eight schools in the Banff Network. There may be projects or activities taking place in other schools that may be of interest to your school. If you would like further information on any of the projects included in this newsletter please do not hesitate to contact your Active School Coordinator directly, details included on page 4.

### Community Club Developments

#### Ballroom and Latin Dance



(P6 Aberchirder Term 2007)

Aberchirder school have been thoroughly enjoying the roll out of their 6 week programme of Ballroom and Latin dance. I have had such positive feedback from class teachers regarding the sessions: *"thank you – from the children. We really enjoyed ourselves and we are talking about forming a dance group"* (P7 's Aberchirder).

David has now set up an After school session for all interested participants and he has at least 20 youngsters attending on a regular basis. Details of sessions listed below:



(P6 Aberchirder Term 2007)

Did you watch Baby Ballroom and wish you could dance like that?

Now you can!

Ballroom and Latin American Dance Classes to "Rosette" and "Star Dance" Award Standards

at Hilton Hall, By Banff,  
Tuesday afternoons from 4.30pm  
(depending on age)

Find out more by visiting:

[www.dancescotland.co.uk](http://www.dancescotland.co.uk) through your Internet Explorer

To book your place phone or e-mail

Tel: 01466 751273

e-mail: [Drobinsorrb@aol.com](mailto:Drobinsorrb@aol.com)

## Rugby



All schools P5, P6 and P7's were offered rugby coaching sessions during term 1 and term 2 of this academic year. These sessions have encouraged increased participation at Banff Rugby Club – Minis. Coaching sessions will continue in a number of schools over the next 2 terms. Macduff primary P5's and P6's will be involved in a Food Hygiene Healthy Eating and Fitness for Primary Schools Project. Children will work through an activity book which covers various aspects of food hygiene and healthy living along with six weeks of Rugby coaching. This programme is part of a joint initiative between the Food Standards Agency Scotland, Scottish Rugby Union, Aberdeen City Council and Aberdeenshire Council.



Details of Banff Rugby Club coaching sessions are listed below:

### MINI SECTION

Boys and Girls aged between 7 and 11

Training every Sunday

2.00pm – 3.30pm

At

Banff Rugby Club

Duff House Grounds, Banff

For further information contact

Ross Cassie

Tel No 01261 831810

Email – [Rosscassie@aol.com](mailto:Rosscassie@aol.com)

### Rugby P5-P7's

**Active Schools-Afterschool sessions 4.00pm-5.15pm Thursdays at Duff House Grounds, Banff for further information contact your Active School Co-ordinator.**

### Banff Trampoline Club

Trampoline sessions were organised in term 4 2007 for children from the SEN unit at Banff primary and room 10 from Portsoy primary. These sessions were very beneficial for all children who participated and evaluations showed positive feedback. The club are in the process of applying to Awards For All for funding for a hoist and training costs to deliver a local training course to train potential coaches for our area. Further information will follow with regards to progress on this funding bid. For further information on the Trampoline Club session times please contact:

**Mandy Smith**

**01261 842818**

[mandy@lintmill@aol.com](mailto:mandy@lintmill@aol.com)

## Other Projects



### Pedometer Project – Bracoden P2 and Portsoy P2/3



Bracoden and Portsoy have just piloted a pedometer project for the younger children in the school that involves participation from a parent/carer. Each participating child and the nominated adult received a pedometer and a record card for a three week period. The pedometer is worn each day from the time you get out of bed until bedtime in the evening. During this three week period the participating adult has the responsibility of carrying out the following tasks:

- Ensuring pedometers are worn daily
- Recording the number of steps taken by parent/guardian and child daily
- Encouraging and motivating daily step increase
- Completion of evaluation at the end of the programme

I will carry out this project in all of the Banff Schools. Please contact me directly if you would like for this project to take place in your school over the next academic year.

## Peer Education Programmes

### P7 Fitness Project – Portsoy

Portsoy Primary P7's have been given training and support to deliver the following sessions to their peers:

- Nursery
- Outdoor/Walking Activity
- Circuit Class
- Classroom based Activities

The class teacher will organise session times for next terms delivery to the other classes in the school

### P7 Young Leaders – Ordiquhill

Ordiquhill P7's have received young leader training to assist with the delivery of playground games during breaktimes and lunchtimes

Benefits of the Young Leader Award:

- Responsibility
- Organisation, confidence and self esteem, planning and self review
- Promoting integration
- Co-operation, develop moral and social skills

If further information is required on the above projects contact your Active School Co-ordinator

## Training opportunities – Teachers/Auxiliaries/Parents/Coaches

### P5 FIRSTCLUBGOLF WORKSHOP

**DATES:** Thurs 22nd Nov  
Thurs 29th Nov

**VENUE:** Banff Academy  
(to be confirmed)

**TIME:** 3.45pm – 5.15pm

### P7 TEAM BUILDING WORKSHOP

**DATES:** Mon 5th Nov  
Mon 12th Nov

**VENUE:** Banff Community Centre

**TIME:** 3.45pm – 5.45pm

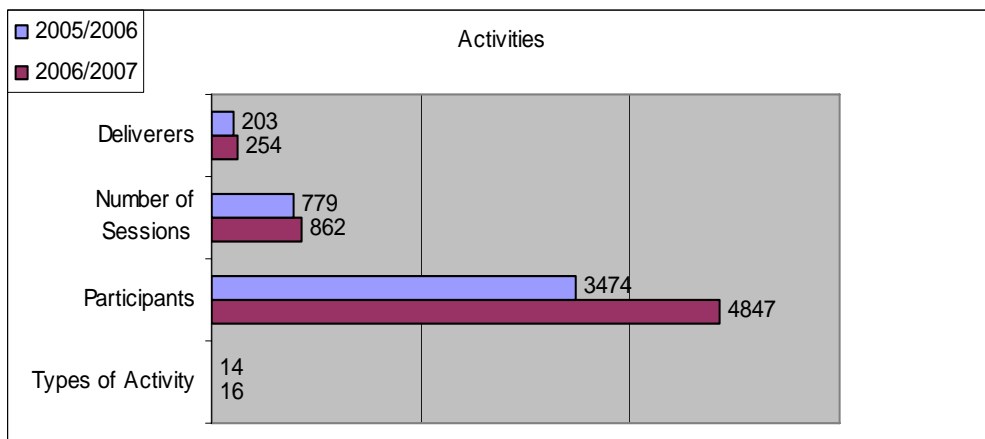
### JUMP ROPE FOR HEART WORKSHOP

**DATE:** Tues 6th Nov

**VENUE:** Banff Community Centre

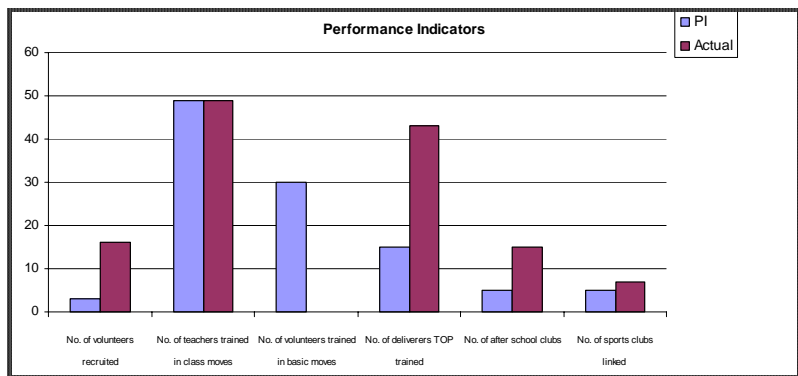
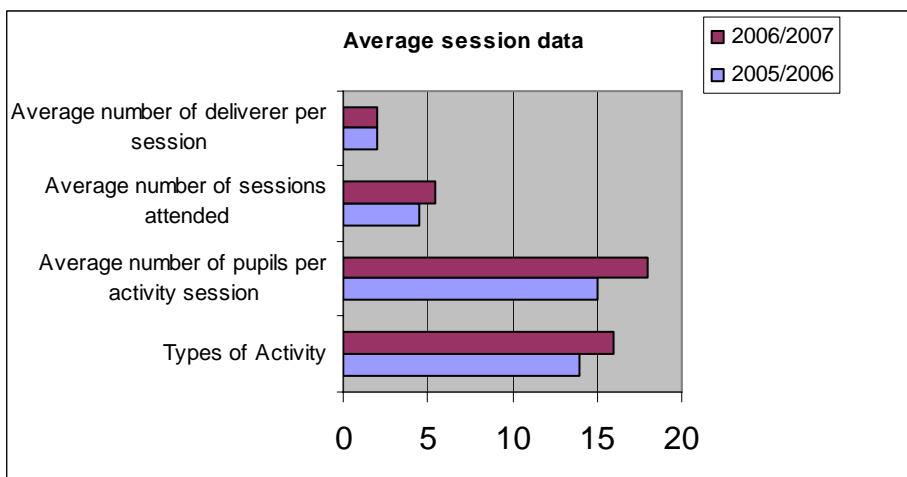
**TIME:** 4.00pm – 6.00pm

# Evaluation and Monitoring



As part of continuous monitoring into the ongoing success of active schools, we are required to submit statistical information to SportsScotland 3 times per year. This data includes the types of activity we are providing. This chart indicates the attendance figures for the whole cluster over the last 2 years

The second chart shows data regarding an average session. It shows a slight increase of participation for each area which demonstrates increased activity.



SportsScotland also set performance indicators to act as benchmarks for achieving certain targets e.g recruiting volunteers. This graph shows the PI's for the year 2006/2007. Class moves was delivered in 2004/2005 to 7 out of 8 schools and Basic Moves will be delivered when Level 3 training is accessible. TOPs training was also a focus in 2004/2005 and these are the targets reached to date.