

Welcome

Welcome to the first Active Schools Newsletter for the Alford Network. The purpose of this newsletter is to raise awareness of Active Schools and to keep Parents and Staff informed of activities within the 13 cluster primary schools - Alford, Cluny, Craigievar, Echt, Dunecht, Keig, Lumsden, Midmar, Monymusk, Strathdon, Tough, Towie & Tullynessle - and the local community.

My name is Abigail Hay and I am the Active Schools Coordinator for the Alford Network. I am based in Alford Academy (postal address Alford Academy, Room B2, Murray Terrace, Alford, AB33 8PY) and can be contacted on 01975 563280 or abigail.hay@aberdeenshire.gov.uk

Active Schools Background

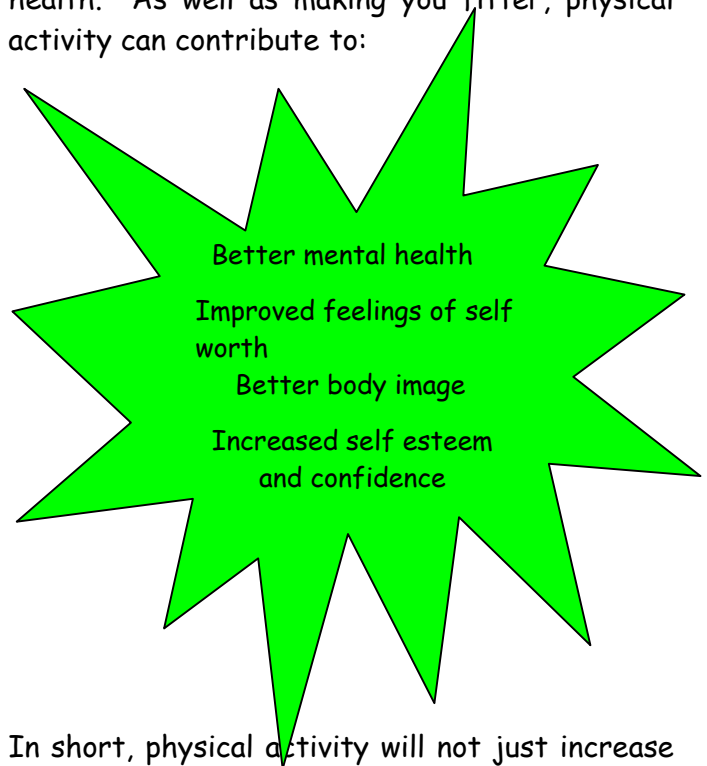
Active Schools is a Scottish Executive programme, aimed at tackling the declining levels of physical activity and sport among many children. The initiative is funded by [sportscotland](http://sportscotland.org.uk) in partnership with Aberdeenshire Council. The fundamental aim of Active Schools is to 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.



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!



Skipping

Skipping is a great form of exercise. Pupils at Alford Primary took part in skipping as part of their playground week and pupils at Lumsden also took part in skipping as part of their health week. Some of the pictures in the newsletter are of children displaying their newly developed skipping skills.

This term Echt and Tullynessle Schools will be introducing skipping to the children and will put in place sustainable skipping plans. Other schools in the network will be given the opportunity to launch skipping in terms 3 & 4. It is hoped that a training course for volunteers will be scheduled early in 2007. If you would be interested in attending the training course with a view of encouraging young people to skip, please contact the Active Schools Coordinator or your local school.



Health Week

Pupils at Lumsden School took part in a Health Week at the end of last term. Their activities included skipping, judo and rugby. They also had Aberdeen Football Club running coaching sessions. NHS Grampian also came out and gave the children advice and information on healthy eating.



Rugby

Working with Pete Young (SRU) and Andy Stuart, we are in the process of setting up a Rugby Club in Alford. The initial meetings took place last term and it is hoped that the club will be up and running for the start of next term. All schools will be given the opportunity to receive rugby coaching taster sessions which will give children a chance to try rugby before they join the rugby club. We are still looking for volunteers to assist with the running of this club. If you would be able to help please contact me.

Swimming

During the October Holidays, pupils from Alford, Keig, Monymusk, Echt, Dunecht and Midmar took part in a learn to swim programme.



These swimming lessons ran at Alford Pool and were funded by OSHL (Out of School Hours Learning). The lessons are continuing every second Friday up until Christmas.

Netball

A new netball club started on 4th November. It runs on a Saturday at Alford Academy from 1100 – 1230. It is open to all P7-S2 pupils living in the Alford area. It is taken by Netball Scotland coach Mairi Farrands. The first week is free of charge, after this there is a weekly fee of £1 payable on the day. Anyone interested in attending can come along any Saturday morning.



Forward Plans

Stay & Play

Next term all schools will be offered the opportunity to run a new after school club called Stay & Play. Stay & Play is aimed at P1-3 and will allow children to develop fundamental competencies e.g. throwing, catching etc whilst engaging in active play and will focus on fun games and generic skills and activities.

Multi Sports

Multi sports is the follow on to Stay & Play and is aimed at P4-7. It will give children the opportunity to experience different sporting activities. The club will utilise the Tops resources and will focus on the 11 sports catered for by Tops over the course of the academic year.

Girls in Sport

Girls in Sport will be a multi activity sports club just for girls. It will be open to all girls from P7-S6. A variety of activities will be offered on a rotational basis and the girls will be encouraged to suggest and select their own activities.

Athletics

In Term 3 all schools will have the opportunity to take part in athletics development, leading to an inter-schools competition. Training and support will then be offered to parents and staff with the aim of setting up small clubs in schools. If you would like to volunteer as an athletics leader please pass on your details to either Dawn Davidson 01467 672442 or myself.

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.

Leisurelend is the Aberdeenshire Council's equipment hire resource based in Inverurie. This resource is open to all resident in Aberdeenshire, Organisations or Individuals, who are involved in Sports/Leisure Events, Art Entertainment and Community Activities. Membership costs £40.00 per year. All items are usually loaned for 7 days although longer loan periods can be negotiated. An inventory, information on membership and booking form's are available for you to download at

www.aberdeenshire.gov.uk/outdoorlearning/equipment/index.asp

Aberdeenshire Sports Council exists to represent clubs/organisations and is one of the most progressive and active sports councils in the country.

Established in 1996 it is managed by volunteers from the local sporting community who bring with them a wide range of knowledge, skills and expertise.

They work to encourage, develop and promote all sports providing advice, support and assistance to affiliated clubs/ organisations always looking for continuous improvements to ensure quality services are always offered.

<http://www.aberdeenshire-sports-council.org.uk/>

Some school clubs your child can attend

Netball

Lumsden	Wednesday	1830	P4-7
Monymusk	Monday	1545	P5-7
Craigievar	Friday		P1-7
Tullynessle	Monday	1515	P3-7

Football

Lumsden	Thursday	1830	P1-7
Monymusk	Friday	1545	P5-7
Monymusk	Thursday	1300	P4&5
Midmar	Friday	1830	P1-7
Craigievar	Friday		P1-7
Strathdon	Thursday	1830	P1-7
Tullynessle	Thursday	1245	P2-7

Cross Country

Midmar	Thursday	1045	P4-7
Keig	Monday	1030	P1-7

Community Sports/Leisure Clubs

Does your club offer children the chance to have fun and be active? We can help establish greater links to school clubs and local children. To increase numbers at your club or for further support then please don't hesitate to contact me.

In the next newsletter I hope to highlight local clubs in the area and let parents know the days and times the club meet. If your club would be interested in being advertised in this way please contact me.