

MINTLAW NETWORK ACTIVE SCHOOLS NEWSLETTER

Issue 1

January 2007

WELCOME

Welcome to the Active Schools Newsletter for the Mintlaw network. The aim of this first newsletter is to introduce me and raise awareness of the Active Schools programme. Future newsletters will highlight activities that are taking place across the 11 primary schools: Mintlaw, Longside, Stuartfield, Maud, Auchnagatt, New Deer, New Pitsligo & St John's, Pitfour, Fetterangus, Strichen and Kininmonth.

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://www.sportscotland.gov.uk) in partnership with Aberdeenshire Council. The fundamental aim of Active Schools is to give school-aged children the tools, motivation and opportunities to become more active throughout their school years and into adulthood..

"MORE PEOPLE, MORE ACTIVE, MORE OFTEN"

My name is Martyn Warren and I am the Active schools Co-ordinator for the Mintlaw Network. I am based at Central Buchan Cabins at Mintlaw Academy and can be contacted on 01771 622254 or by e-mail: martyn.warren@aberdeenshire.gov.uk

ACTIVE SCHOOLS NEEDS YOU

To enable the schools and myself to provide and deliver as wide a range of activities as possible we rely on the help from adult volunteers. You do not have to be sporty to lend a hand – just enthusiastic! Many people are reluctant to volunteer as they feel they may be left to get on with things or feel they do not have the required skills. As an Active Schools co-ordinator I aim to assist and mentor volunteers and provide them with the required training where possible. You may prefer just to assist a more experienced coach, get involved with playtime games or establish an afterschool club. The list is endless and any ideas are welcomed where it promotes physical activity. There is some funding available to pay suitably qualified coaches !!

If you are interested in volunteering to help out within any of the schools but you have reservations, please call me to discuss further.

AUDITS

Thank-you to all the Head teachers, school staff, pupils, parents and guardians who took part in completing audits. Audits enable us to identify and establish the current provision across each school. This takes into account factors including facilities, volunteers, afterschool clubs, school demands pupil demands and local sports clubs. Information from each audit is currently being compiled onto a database

SKIPPING

Skipping is a great form of exercise. It requires little equipment and can be done in very small spaces. The British Heart Foundation (BHF) has a "skip-a-thon" program that is a great way for schools to collect a wide variety of skipping resources. A member of the BHF will be in the area to discuss the specifics of the program. If you are interested in helping your child's school with this activity, please contact the school for further information. The date of the information session is **March 22, from 4:30pm to 6:30 and is free!** Venue is Rosehearty Primary school, Fraserburgh.



UPCOMING IN 2007

- Tag Rugby
- Summit Wall Climbing
- Girls in Sport
- Street Football
- Basketball Taster Sessions
- Sports Leaders UK-Young Leaders Award
- Swimming
- Club Golf
- Athletics
- Cross Country



FOOD, HYGIENE AND FITNESS



Primary 3 and 4 children from 8 local schools
Primary schools have been learning football skills
from AFC Community Coach who will be
delivering a six-week block of coaching at each
School. The children are also completing an
Activity book that that looks at healthy eating and
food hygiene. The children are then asked questions
on each subject each week after the coaching. The
children taking part also receive 'goodies' and a
certificate of completion. AFC are available to deliver
coaching in schools at a charge. Please contact
me for further details.

photo

HEALTH PROMOTING SCHOOLS

All schools are working towards the target of becoming a Health Promoting School in 2007.

"A Health Promoting School is where all members of the community work together to provide children and young people with integrated and positive experiences and structures, which promote and protect Health".
(World Health Organisation 1995)

The main aims are:

- *Promote the physical, social, spiritual, mental and emotional health and well-being of all children, young people and staff*
- *Identify and respond to the health needs of whole school communities and contribute to meeting those needs.*

(Being Well, Doing well, A Framework for Health Promoting Schools in Scotland, 2004)

