

DELIVERER FOCUS – VOLUNTEER WITH ACTIVE SCHOOLS!

Active Schools work with many clubs, coaches and volunteers, who provide opportunities for pupils across Midlothian to try out and take part different sports. Volunteers play a big role in enabling Active School to support and run clubs in schools across Midlothian.

This term we heard back from some of our volunteers about their experience of working with Active Schools and what impact this has had.

Robert Connor has been volunteering with Active Schools since 2015 supporting football at Burnbrae Primary School. Robert is mentored by Enable Scotland who support young adults with learning disabilities, encourage them to find work, develop their skills and live the life they choose. Robert has supported the P1-2 football session alongside an experienced SFA coach for the past 3 years. Robert's experience with Active Schools has made a positive impact not only on the children's sessions but on his life; 'Volunteering definitely makes a positive impact on me as an individual, and since being involved as a volunteer it has increased my self-esteem and confidence.' This confidence boost has also been noted by the SFA coach Robert assists; 'Over the last year or so Robert has grown massively, he used to be shy and reluctant to lead sessions but has now developed his confidence and communication with the kids. He now takes an active role in assisting me in the classes.'

Robert has always had a passion for football and working with active schools has allowed him to develop this whilst sharing and passing it on to pupils taking part in the club; 'I enjoy supporting the kids to learn new techniques in football, and by doing this it allows me to share my experiences and knowledge of football. This is also enabled me to increase my skills in taking a lead in some of the games.'

As you can see from Robert's experience, volunteering with Active Schools not only provides more opportunities for pupils across Midlothian to take part in physical activity and sport, but also helps you gain new skills, build confidence and have fun! Active Schools can provide full training and will support you throughout your experience.

To volunteer with Active Schools, you do not need to be a qualified coach, you just have to have a passion for sport, be good with children and want to contribute to sport and physical activity within Midlothian. If you think this is something you would be interested in then please get in touch with us.



Midlothian Events

Active Schools run a successful events programme throughout the school year with around 25 different events on offer for schools in the Midlothian area. These events are supported by local clubs who help out at the events and provide a pathway for pupils to move from school sport to community / club sport.

In some sports there is also the opportunity to represent Midlothian at regional events. We offer 2 area hockey festivals then the top 4 schools from these events go on to play in the Midlothian Festival. These events are supported by Eskvale Hockey Club and senior pupils from Penicuik HS. The top 2 schools then represent Midlothian at the Lothian Regional Event, this year at Meadowmill and the National Primaries Hockey Event in Glasgow. Both of these events provide pupils with the opportunity to compete at a level suitable to them, represent Midlothian and also have fun! Cornbank PS and Paradykes PS represented Midlothian at the Lothian's event this year at a sunny Meadowmill. An exciting end to the day when the Midlothian teams ended up in a playoff against each other! Well done to both teams!

Basketball in Midlothian follows a similar format with 2 basketball events throughout the year, supported by Midlothian Basketball Academy and Basketball Scotland. The winning 2 schools from the Active Schools Event then go on to represent Midlothian at the Lothian Event at the Oriam – again a fantastic opportunity for pupils to showcase their skills, have fun and represent Midlothian Active Schools. Well done to Danderhall PS and Loanhead PS for reaching the regional finals.

Our events programme grows year on year and we are lucky to have the support of the local clubs and high schools for these events, which give pupils the opportunity to compete, represent their school and authority and have fun!



Pupil Equity Fund (PEF) increasing participation levels in physical activity

Schools across Scotland have been given additional funding from the Scottish Government's Scottish Attainment Challenge. This additional funding – 'Pupil Equity Funding' or PEF goes directly to your child's school to help them provide the best possible opportunities for children's learning. In particular,

it is there to help the school support children who experience barriers to learning and who might be falling behind or not getting the same chances in their education because their family is experiencing poverty or other financial difficulties.



One way schools are using their PEF is to help increase the number of pupils taking part in physical activity. Many schools across Midlothian have a 'Home School Practitioner', who provide a link between school and home, offering support and help create learning opportunities for pupils in school.

Using the Pupil Equity Funding, Active Schools are working in partnership with schools to provide further opportunities for pupils to access and participate in Active Schools clubs. The Home School Practitioner will meet with pupils and discuss what activities the children enjoy and what they would like to see at their school. Active School coordinators will then use this information from the Home School Practitioners in organising and providing coaches to deliver these activities within school. This partnership helps coordinators tailor the activity timetable to suit the needs of the pupils, not only increasing the numbers of children attending the clubs but importantly providing a positive experience to sport and physical activity.

School Sports Award: Gold Success

The School Sport Award is a national, Lottery funded initiative designed to encourage schools to work in partnership with Active Schools and school sports council's to continuously improve physical education (PE) and school sport opportunities.

The sportscotland School Sport Award:

Encourages schools to self-reflect and continuously improve puts young people at the forefront of the decision making and planning of PE and sport in their school helps schools to increase young people's opportunities and engagement in PE & school sport helps schools to put PE & school sport at the heart of their planning, practice and ethos recognises and celebrates successful PE & school sport models this award highlights that Lasswade have shown excellent practice across the core areas of the award and demonstrated an on-going commitment to increase young people's opportunities and engagement in physical education, school sport and leadership and provide clear pathways to life-long participation in sport.

Several schools across the authority have reached Gold status, Cornbank PS, Kings Park PS, and Lasswade High School.

Lasswade High School is the first secondary school in Midlothian and one of only 18% in Scotland to have been awarded the coveted 'sportscotland Gold School Sport Award' status for excelling in sport across the school.

The PE department and Active Schools welcomed special guests to a celebratory assembly on Friday 30th November to receive the award from sportscotland. This also allowed an opportunity for all pupils and staff involved to be recognised for their involvement in the award application.

Sarah McKay (Lasswade PE), Judith Clyne (Active Schools) and Lasswade HS Sports Council have been instrumental in driving the application forward, collecting all evidence needed and achieving this prestigious award. Massive congratulations to all involved.



Midlothian Active School: Award Status

The Active Schools team have been working in partnership with schools across Midlothian to help boost the profile of sport. There have been some real success stories over the last year with schools working through their development plans and implementing changes to boost the sporting opportunities for their pupils.

School	AWARD	GOLD	SILVER	BRONZE
Beeslack Community High School	SILVER		1	
Bonnyrigg Primary School	SILVER		1	
Cornbank St James Primary School	GOLD	1		
Dalkeith High School	SILVER		1	
Gorebridge Primary School	BRONZE			1
Glencorse Primary School	SILVER		1	
Hawthornden Primary School	BRONZE			1
Kings Park Primary School	GOLD	1		
Lasswade High School	GOLD	1		
Lasswade Primary School	SILVER		1	
Lawfield Primary School	SILVER		1	
Mauricewood Primary School	SILVER		1	
Paradykes Primary School	BRONZE			1
Roslin Primary School	SILVER		1	
Sacred Heart Primary School	BRONZE			1
St David's High School	SILVER		1	
St Davids RC Primary School	BRONZE			1
Stobhill Primary School	SILVER		1	
Strathesk Primary School	BRONZE			1
Tynewater Primary School	SILVER		1	
Woodburn Primary School	SILVER		1	

ACTIVE SCHOOLS COORDINATORS

Active Schools Coordinators

Midlothian House, Buccleuch Street, Dalkeith, Midlothian, EH22 1DN