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# Active Schools Newsletter



Caroline Kaye



Libby Edmonstone



healthy living

Funky Fitness



sportscotland  
widening opportunities • developing potential • achieving excellence

Active Schools  
Total Adventure

## Kids Choice!

Hey kids, do you have a suggestion for an activity or sport. We would love to hear all about it. Why don't you write it down, email it or grab us at school and let us know what it is.

## Dunbar Cluster

### Welcome

New Active Schools Coordinators Caroline Kaye (Dunbar and West Barns Primary) based at Dunbar Primary and Libby Edmonstone (East Linton, Innerwick and Stenton Primary) based at East Linton Primary.

Our main aim is to get more children more active, more often. We hope to do this by starting up lots of after school classes, train volunteers and coaches, help coordinate health weeks and taster sessions within curriculum, make links with local clubs and help create pathways to alternative activities through our Total Adventures, Girls on The Go and Disabilities programmes

We look forward to hearing from you and any feedback you may have.

## Thank you

To our volunteers this term, Laura Sheldrick, Michelle Dryden, Colleen MacGregor, Mark James, Ali Fleming (teacher), Iby Robertson, Annie Beatty, Samantha Ball (dance), Gordon Stables (enjoy-a-ball), Cathryn Jones, John Sparksman and Mrs Ambrozevich-Blair and all the coaches.

## Congratulations

To Sarah Everard, Shona Ronan, Colin Ford, Anne-Marie Napier, Helen Stewart for passing the Cycle Training. Deborah Burton our new Funky Fitness trainer. Wendy Marlow and Nancy Hamilton our new TOP Start coaches.

We hope we have not missed anyone out.

### Free Training Opportunities

Call now for a copy of our Community Training Brochure. There is a great variety of training courses for parents, volunteers, coaches students and anyone interested in leading or helping out with Active Schools programmes. CPD training for school staff is also available. **No experience required.**

#### Courses Coming Up: -

**Funky Fitness** – January 27<sup>th</sup> 2009, 6-8.30pm, Wallyford Primary, aimed at P3/4. Music, games and fun – just like a party!

**Ready, Steady, Bike** – March 17<sup>th</sup> 2009, 9.30am – 12.30pm, Meadowmill Sports Centre, aimed at P5. Very easy to teach and great fun.

**Junior Jogscotland** – April 29<sup>th</sup> 2009, 6-8pm, Windygoul Primary, Tranent aimed at P3+. Lots of fun games.

Please contact us if you would like to sign up. Parents who do sign up to deliver classes automatically have a space for their child/children. Also there are opportunities to get discounts from some charged classes.

### Clubs in the Dunbar Cluster

Do you run an activity club in the Dunbar Cluster? Do you know about Active Schools and how we can help you create positive links with the Primary and Secondary Schools?

If you would like to involve your club with the school and Active Schools then give us a call. We organize taster sessions in the schools and help run Health Weeks. These are great opportunities to let children experience various different sports and activities.

Give us a call today to see how we can help each other help get more children more active.

## Ready, Steady, Bike (RSB)



RSB took off early this year in Dunbar Primary and was offered to P5A & B. The pupils who took part were very keen to see what it was all about. By the end of the sessions they were scooting, free wheeling, gear changing, performing high 5s and having lots of fun as they confidently cycled round the playground.

RSB is the perfect programme to help children gain confidence on their bike and have fun before they do their Scottish Cycle Training in P6.

All children received a certificate and made the classes a lot of fun for Caroline and her Active Schools Volunteers to lead. A huge thank you goes to Cathryn Jones, John Sparksman and Mrs Ambrozevich-Blair for volunteering to help with these classes.

Hopefully they are keen to run a block of classes in term 3 for P5C & D. Watch this space.



## Mini Rugby in Dunbar

Sunday  
11.00-12.30  
For P2-7

Come along and have some fun at Hallhill

Contact Details  
Mark Coull  
Rugby Development Officer – Dunbar Cluster  
Tel: 07912 947 687  
dunbar-cdo@o2.co.uk

## Exciting New After School Classes In Dunbar

Active Schools has brought gymnastics to Dunbar. Children from P3 & 4 are delighted that they will be getting the opportunity to swing, vault and spring their way round the gym.

It doesn't stop there with a new Gym Boogie class for P1&2 and Floor Flunk class for P6&7. The children taking part in these classes will get the opportunity to perform floor gymnastics and spice it up by adding a bit of dance and rhythm.

### Other Exciting classes to look out for: -

Total Adventures – Skiing and Climbing this term  
Girls on the Go - Cheerleading and Netball  
Funky Fitness  
Ready, Steady, Bike  
Rugby, Football  
Basic Moves, Mini Kickers  
Luminous Kids  
Musical Steps Gets Moving

## Volunteers and Coaches Wanted

Your children could be learning more, having fun and getting fit through these activities, but we need your help.

If you are interested in becoming part of the Active Schools team we are waiting for your call. Without volunteers and coaches we will not be able to create lots of exciting opportunities for your children. No experience is necessary, just the willingness to help your children stay healthy. **Full training is available.**

Go on pick up the phone and help make positive changes to the lives of the children in the Dunbar Cluster.



## BUSY BUGS

Busy Bugs is a programme aimed at children aged 2-3 ½ years to help introduce and sustain play and physical activity as part of a daily routine. This programme looks at ways to keep children active at nursery and home through play, movement to music, basic moves, games, enjoyment and fun.

**January 14<sup>th</sup> & 21<sup>st</sup> 2009, 6.30-8.30pm,  
Musselburgh East Learning Center**

To book a place please contact: -

**Lesley Nicholson, Tel 07976378469**