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Active Schools
Kings Park Area
Glasgow City Council
Education Services
Partnership Team

Active Schools Newsletter



Kings Park Area Schools

Autumn / Winter 2011

Special points of interest:

- Events / Projects
- Club Links
- Holiday Programmes
- Volunteering with Active Schools.

Question:

How can we make our community more active—email me your ideas!

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October Week Games and Activities at Kings Park Secondary and Merrylee PS

The partnership Holiday Activities programme between Active Schools and Glasgow Life has blossomed in Kings Park Secondary School and Merrylee Primary over Holiday Periods in the last few years. Each holiday, Active Schools Coordinator Aiden Byrne and Glasgow Communities Officer Lauren McNaught and Play Services Officer Stephen McDermot have linked with partner agencies and local clubs to put on a variety of health related activities, club linked sports and arts and crafts sessions, in order to promote health and fitness, develop sports, engage the children and increase activity in the communities over the holiday period.

In Kings Park the attendance was excellent with between 50-80 children

attending each day taking part in two hours of activities such as; Ultimate Arts Dance, Glasgow Life Arts and Crafts, Clydesdale Hockey Coaching, Castlemilk Athletics Coaching and Glasgow Gymnastics Coaching. Attendance is Free at KP SEC Holiday Programmes if you use your Glasgow Kidz Card.



This year was also a first for new volunteer helpers throughout the week with S5&6 pupils from Kings Park Secondary Community Sports Leadership Programme assisting the coaching staff and even helping show the children how to do the 'Macarena' at the interval one day thanks to Chloe, Jacob and Anna!



Hockey class ran by Clydesdale Hockey Club coach John and assisted on Wednesday with Community Sports Leaders!

Overall it was a great week in encouraging children to be active for at least an hour a day the Active Schools Way! Look out for Aprils programmes in both schools!



Community Sports Leader Training for S5-6's

17 Kings Park Secondary pupils attended school from 9-4pm each day over the October Week Holidays to take part in a Community Sports Leadership Level 2 Coaching qualification coupled with a First Aid Course. Trained by Chris Woodcock (Sports Leadership/Active Schools) and myself (Aiden Byrne—Active Schools) the 35 hour course

taught the pupils how to lead games, sports and coach children. They also put their skills into practice one day at the Holiday Activities Programme where they shadowed the coaching staff and assisted with sessions. CSL's will now be working as volunteers in the Secondary and Local Schools on work placements to complete their

course and to increase the amount of activity and sports clubs available to children!





Clair Stevenson from Castlemilk Giffnock North Athletics club at Kings Park Holiday Programme.

Active Schools Cross Country Championships

South Side schools attended regional qualifiers for the Active Schools Cross Country Championships in November. The Kings Park Area race was held in Cathkin Braes Country Park over a course of 1.5km and involved all schools who sent teams from P6 and 7 following in school heats. The runners raced against each other over the parkland course, taking in the sights from Glasgow highest and probably coldest park! The top ten runners from each of the 4 race categories

will represent Kings Park Area in the South Side Finals in February. The event was staffed by Active Schools and Langside College Advanced NQ Sports Studies Students and was a great experience for the children!

Children interested in continuing their athletics can contact Clare Stevenson of Giffnock North AAC who run a local athletics session on Wednesdays at 5-6pm in St Margaret Mary's Secondary Castlemilk. Phone on 0141 632 7107 or Email: murrasons@btinternet.com

www.giffnocknorth.co.uk



www.zestweb.org

Here you will find information regarding year round cubs and activity sessions!



Langside College Student Placement Scheme

Active Schools and Glasgow Life have been working closely with Langside College to develop a student placement scheme over the last 6 years. More recently (since 2009) Primary schools have been seeing the benefit of extra sports coaching in their schools from the Placement Scheme and from September 2011 Active Schools / GL have trained 25 HNC Sports Coaching Students in Games and Basketball. Following their the two weeks training they have been put into coaching teams of 3 or 4 and allocated placements in schools on Thursday afternoons between 1-4pm. During these times they run 2 hours of curriculum sessions in games/

activities with younger classes, followed up with a senior school Basketball after school club. The basketball after school clubs have lead up to the Interschool Basketball festival which was held on the 10th of November in Kings Park Secondary. The festival was a friendly series of games to bring to a close the excellent block of 6 week coaching that the students have undertaken in Kings Park PS, Toryglen PS and Mount Florida PS.

Well done to the children of all the school teams in attendance—as the standard of play and sportsmanship between our local schools was excellent. This interschool

competition is a key way for our communities children to get to know each other before secondary school. Similar to the holiday activities programme it benefits in breaking down community barriers, allows children to make new friends and encourages children to continue their basketball at the local clubs with their new friends!

Schools are currently signing up for block two of the placement scheme which will be starting in December and running in line with the college term 2 up until February. Block 2 Coaching will be in Golf and Netball.

'CommonHEALTH' Games!

As part of Active Schools Build up to Glasgow 2014 we are encouraging young children into sports whilst promoting the commonwealth spirit through a series of events called the CommonHEALTH Games.

At these events schools attend with lower Primary age

classes were they learn about the commonwealth games and take part in adapted commonwealth sports. These beginner level sports activities bed in the skills and knowledge at a basic level allowing the children to be successful through fun activities.

Langside College Sports Students have been assisting Active Schools with running the stations, again developing the College and Schools links. Two of these events have ran in September and October with between 150–200 children attending and will continue throughout the school year!



www.glasgow2014.com

School Playground Buddies Award!

All 6 Primary Schools in my geographical area – Kings Park Primary, Croftfoot Primary, Toryglen Primary, Mount Florida Primary, Merrylee Primary and OLA Primary have received their latest Playground Buddies ‘BUDDY FIT’ top award in September. The award is recognition of the children and staff’s excellent work in the Buddies Programme for the last school year. Staff/ Active Schools train Primary 5-7’s as games leaders (Buddies, Captains or Activa-

tors) in order for the buddies to run games at intervals to get children more active more often.



All schools have completed the training and had successful programmes running for most of the school year. I am currently working with schools on this years programme and hope to have all 6 schools trained and running their programme by Christmas.

Last year some Buddies were even running fun lunch time Dodgeball and Netball competitions, involving umpiring as well as event management! Well Done all Buddies!



Gymnastics Schools Network

Active Schools have teamed up with Glasgow Gymnastics Club in Castlemilk High and Hillpark Secondary School to encourage more children to get involved in Gymnastics. Ran by Louise Bradley Glasgow Gymnastics, Fiona Scott (Active Schools) and Joanne Grant (Active Schools) the clubs are geared towards developing all ages of children from fun participation level to elite performance levels. Active Schools have only promoted the club in some schools using club athletes to attend school assemblies to perform demonstra-

tions to show the children what they could learn. This phased introduction is ongoing due to the overwhelming response with between 250-300 new members joining each club. Sessions in Castlemilk on Tuesdays and Hillpark on Wednesdays are running from 4-7pm. For more information Contact Louise Bradley on 07983 482 553 or email at: glasgowgymnastics@live.co.uk

The club also link with Active Schools in holiday activity programmes as you will see in the picture!



(left– Conor on the balance beam in October Week Holiday Programme at Kings Park Secondary!)



Children Should be active for at least “60 minutes a day”.

ASL Sportstar Challenges

Each month Active Schools runs an Additional Support for Learning (ASL) Schools “Sportstar Challenge” Event. Schools attend and take part in sports and activities geared around a healthy lifestyle. This includes sports like Boccia, New age Curling, Javelin, Badminton, Golf and Athletics, coupled with ac-

tivities such as parachute and megaball games.

2 events have happened so far this school year, one in September and one in October where Hampden School amongst others have taken part and had fun keeping active!

Picture: Children with Active Schools Mascots Active Andy and Active Amy with Active Schools Coordinator Aiden Byrne



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[http://www.glasgow.gov.uk/
ActiveSchools](http://www.glasgow.gov.uk/ActiveSchools)



My cluster of schools:
*(Not in line with learning
community clusters)*

Training and Development

Active schools, Glasgow Life and the PE Specialist Team run various training for school staff, sports/ activities volunteers and community sports leaders. Staff / Volunteers Email me your interest!

Volunteering

Active Schools are continually looking for people to volunteer to assist with school sports and activities provision. We have a mix of parents, senior pupils, school staff, local residents and students who are enjoying being involved with local schools and community groups in a variety of voluntary ways. Your involvement can be varied with helping schools on trips to assisting or running an after school club or school team. If you are interested in helping out contact your schools Headteacher or me directly on the details adjacent. *Recruits will be subject to a PVG Disclosure Check and appropriate references.* I look forward to hearing from you!



Local Club Links

Holyrood Netball Club are based in King's Park Secondary, they train on Saturday morning's from 10.30am to 12 noon. The club offers coaching in netball and a fun place to learn the sport. The club attend festivals and tournaments throughout the year and the aim in to encourage young girls from age 9 upwards to enjoy taking part in netball. *If you would like to join the club come along or contact:*

- Holyrood Netball Club, Venue: Kings Park Secondary, Age Group: 9 - 16 years, Time: Saturday 10.30 am to 12 noon, Contact: Toni Goode, 07912 761 699, tdg_87@hotmail.com

There are a number of sports clubs based in St Fillan's Primary that would welcome new members, if you are interested in taking part just go along or contact the club.

- Cuckoo Basketball Club, Venue: St Fillan's Primary, Age Group: 8 - 12 years, Time: Tuesday 6pm to 7pm, Contact: Ahid Ojahgi, 07771 996 528, cuckoobasketball@gmail.com
- Clydesdale Hockey Club, Venue: St Fillan's Primary, Age Group: 8 - 12 years, Time: Wednesday 6pm to 7pm, Contact: David Mackie, 07976 589 240, clydesdalehockey@btconnect.com
- Tir Conaill Harps GAC - Gaelic Football, Venue: St Fillan's Primary, Age Group: 7 - 12 years, Time: Thursday 6pm to 7.30pm, Contact: Danny McGeever, 07989 970 452, dmelectrical@hotmail.com

Active Schools Information!

Active Schools Coordinators work with schools and communities to help make sure children start active and stay active.

The fundamental aim of Active Schools is to offer children and young people the opportunities and motivation to adopt active, healthy lifestyles, now and into adulthood. Active Schools aims to get everyone involved in giving children an active start and encouraging them to stay active as they grow up.

Active Schools does this by:

- increasing opportunities for all children and young people to be engaged in physical activity and sport
- strengthening pathways



Active Amy and Active Andy with head of education Maureen McKenna!

to participation and performance through sustainable school to community links
Active Schools in Glasgow is now firmly embedded within all primary, secondary and ASL establishments.

Opportunities are being made available to school aged children to become more active, more often, before, during and after school. The main aim is to help children reach the recommended levels of physical activity to benefit their health. Children should be active for at least **60 minutes a day**. Thank you for reading. Aiden Byrne