




**ACTIVE
MIDLOTHIAN**
www.activemidlothian.org.uk

ACTIVE SCHOOLS MIDLOTHIAN
ANNUAL REVIEW 2013-14





Contents

Midlothian Council Foreword	3
Active Schools Managers Report	4
Participation	6
People	8
Partnerships	9
National Programmes	10
Projects	14
Sports Events and Festivals	16
Penicuik Area Report	18
Lasswade Area Report	22
Dalkeith Area Report	24
Newbattle Area Report	28
CelebrateThe Games Project	31

Midlothian Council Foreword

GARRY SHERET
HEAD OF PROPERTY
& FACILITIES
MANAGEMENT
(INCLUDING SPORT
& LEISURE SERVICES)



The summer of 2014 will stay in the minds and hearts of the people of Scotland and in particular our young people as a memorable one where teams of athletes from around the Commonwealth gathered in Glasgow in a spectacular display of sporting talent. 71 Nations and Territories took part in 17 sports and the 310 strong Team Scotland, the largest ever fielded, did us all proud with their spectacular display of skill and effort.

Before the Games the headlines were telling us that Team Scotland was 'Ready to Roar' and from raw athletes to seasoned performers that is exactly what happened and their fighting spirit delivered our best ever haul of 53 medals, 19 of them Gold. It's hard to single out any one athlete but the performance of Craig MacLean and Neil Fachie's Tandem was riveting and the gritty determination of Lynsey Sharp as she ran in the 800m and Ross Murdoch in the 200m breaststroke showed the hard work, determination and sheer focus required to medal at international level. Closer to home Midlothian is really proud of David Peacock who picked up Gold in the Lawn Bowls Men's Fours.

But Glasgow 2014 was and is not just about 11 days of sporting competition it was about harnessing the legacy of the games before, during and after the actual event. Using the impressive performance of the Olympic and Paralympic athletes in London 2012 as inspiration our Active Schools and Sports Development teams have, in the lead up to the XX Commonwealth Games, delivered excellent programmes of extracurricular activities in schools and community settings as well as delivering on National programmes such as Champions in Schools and Positive Coaching Scotland. The team also developed and delivered on a number of local initiatives designed to raise awareness of the Games such as the Midlothian Commonwealth Passport.

The success of their efforts alongside that of our schools was I think most apparent on the 16th June when the Queens Baton Relay visited Midlothian. From the spectacular first sight of the baton being transported by skiers down the slope at Midlothian Snowsports Centre, through villages and towns the Games fervour was apparent as the people of Midlothian lined the streets to welcome the baton bearers and the day culminated in an excellent evening event, attended by more than 5000 people, at Dalkeith Country Park.

In addition to the Commonwealth Games 2014 also marks the year that Scotland plays host to the famous Ryder Cup Competition at Gleneagles for the first time since 1973 and the team have since the event was procured worked hard in partnership with ClubGolf to realise the First Minister's promise that all 9 year olds in Scotland would be introduced to the game.

This kind of effort should, I believe, be rewarded and what better way to do so than to continue the funding for such a successful and important Network. I for one was really pleased to hear that piece of news and am confident that the team that can and has delivered so well on the before part of the legacy will be in place to ensure that the after part where children and young people continue to participate in a wide range of sporting activities becomes a reality.

1 Active Schools team enjoying the free tubing offer by Midlothian Snowsports Centre to celebrate the QBR visit

2 Vaia Chapman preparing to receive the Queen's Baton at the start of its journey through Midlothian on 16 June 2014



ACTIVE SCHOOLS MANAGER'S REPORT

RENA JAMIESON
AREA OPERATIONS
MANAGER, SPORT
& PHYSICAL
ACTIVITY
(INCLUDING
ACTIVE
SCHOOLS)



This has been a really inspiring year for the team who have worked exceptionally hard to ensure that the Midlothian Commonwealth Passport, launched in July 2013, became a vehicle to get more young people active before, during and after school. This also raised the profile of the once in a life time event Glasgow XX Commonwealth Games coming to Glasgow in 2014. The Commonwealth Passport has been a great hit with children and parents with most of our activities being oversubscribed. The carrot for the Commonwealth Passport was certificates and medals with all gold medallists being entered into a prize draw for opening and closing ceremony tickets for the Commonwealth Games. Our two winners, Matthew and Kate Inglis, were thrilled to be presented with their prizes by Provost Joe Wallace, Commonwealth Games representative Margaret Ann Fleming, CEO Scottish Volleyball and David Peacock, World Triples Lawn Bowls Champion and member of Team Scotland 2014 at the closing event for the Queens Baton Relay in Midlothian on the 16th June.

Such has been the success of this initiative that we plan to re-launch in the new academic year as the Midlothian Active Sports Passport with a variety of prizes for participation.

'Thank you for giving Chaira her commonwealth bronze medal. She got it on Friday at school assembly and was very pleased to receive it. It was a great incentive and it's great that you will be doing a similar initiative next year.'
Parent, Strathesk Primary School.

Partnership working is crucial to the success of our programmes and in Midlothian, the team owes much of its success to a wonderfully dedicated band of volunteers and coaches who deliver activities in both school and community settings and whose commitment lets us increase both the number and range of opportunities available.

The recruitment of volunteers is a fundamental part of what we do. It retains their services through ongoing support, training and most importantly, ensuring that they feel valued. The Active Schools Volunteer of the Year category is now embedded in the Leisure Services Annual Sports Awards.

'Although George isn't particularly fond of sport, he was keen to be involved in the Passport Scheme so enlisted the help of cousins who took him along to some of the activities they take part in. He not only got a pleasant surprise at how much he enjoyed the activities but loved having his passport signed off by the coaches.' Parent, Lasswade Primary School.

The Active Schools team in Midlothian is a small one and only through strong partnership working have we been able to embrace and deliver on National Programmes such as Positive Coaching Scotland and Community Sport Hubs. Our close working relationship with local clubs and community organisations, sports governing bodies and other service areas within the Council is also a key part of what we do as it ensures that the young people we encourage into sport and physical activities have a pathway from school to community sport enabling them to continue their involvement into adulthood.

As with most other local authorities in Scotland, budgetary constraints over the last two years have had a significant impact on the workforce resulting in further restructuring of services. We have been spared this time around in our service area and have been able to further integrate the work of the Active Schools, Sports Development and Physical Activity teams. Active Schools and Ageing Well came together for Sports Relief this year and delivered a great family fun event at Dalkeith campus. Families, many in fancy dress, turned up at the event raising over £1000 for charity.

In preparation for the Commonwealth Games in Glasgow and the Queens Baton Relay, a Commonwealth ceremonial mace was designed by talented S2 pupils at Penicuik High School and officially handed over to pupils from Sacred Heart primary School in advance of the official 'Walk to School Week'. Organised by our School Travel Coordinator. On Monday 12th May, the mace embarked on the first part of its journey

around Midlothian and was carried by pupils from school to school, visiting local care homes on route. On arriving at care homes, each school presented the facts about the Commonwealth country they had been allocated to research. The mace was then displayed at the Commonwealth Games festivals organised by Active Schools before being passed over to the care homes to inspire the participants of the Annual 'Ageing Well Senior Games'. The final destination for the mace was the various Commonwealth Games inspired events planned for the summer holidays.

In February 2003, Active Schools was identified as a key element of the Scottish Government's drive to improve the health of the nation by getting the people of Scotland more active and the Network was launched in 2004, the clear aim being to increase the number of extracurricular opportunities available to children to participate in sport and physical activities. To celebrate 10 years of Active Schools, we ran a primary school competition to design a birthday card which we will send to each and every school, volunteer, club and coach we have worked with at the beginning of the new academic year. The winner and runner up in the competition received a voucher for sports equipment for themselves and for their school.

Active Schools 10th Birthday Card Competition – May 2014

Winner Dana Purves, Cornbank Primary School

Runner Up Keigan Wilson, Rosewell Primary School

The celebration of 10 successful years was made even more special for the team with the announcement from **sports**scotland that the initiative has received a further four years funding from April 2015 for which we are extremely grateful.

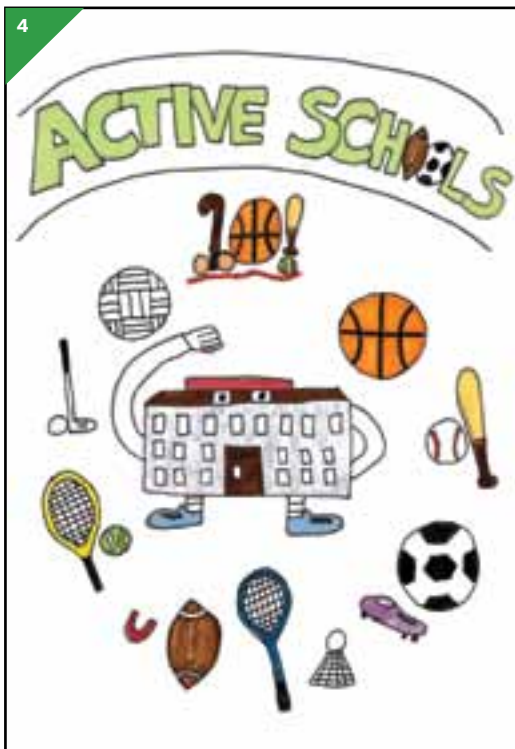
The following pages review the progress and successes of the team over the last 12 months and to give a flavour of what we hope to achieve in the year to come. On behalf of the team I would like to give credit and thanks to all those who helped us achieve these results. The team looks forward to continuing to work with each and every one of you to make sure that we achieve the primary goal of Active Schools **'more children, more active, more often'**.



3 Brother and sister, Kate and Matthew Inglis, winners of the XX Glasgow 2014 Commonwealth Games Tickets

4 Active School's 10th Birthday Card

5 The Active Schools 10th birthday team celebration



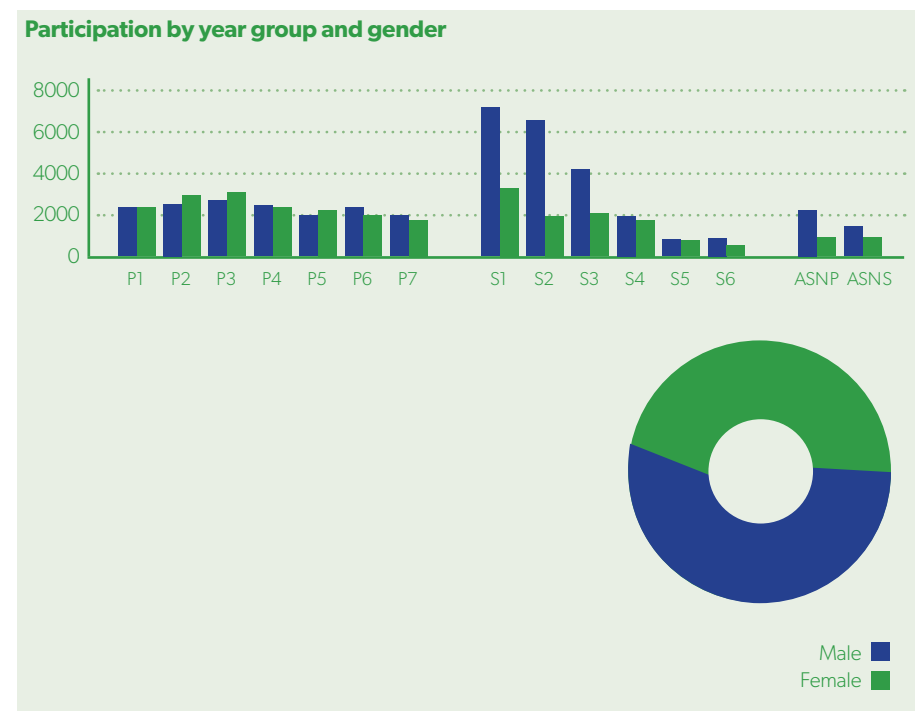
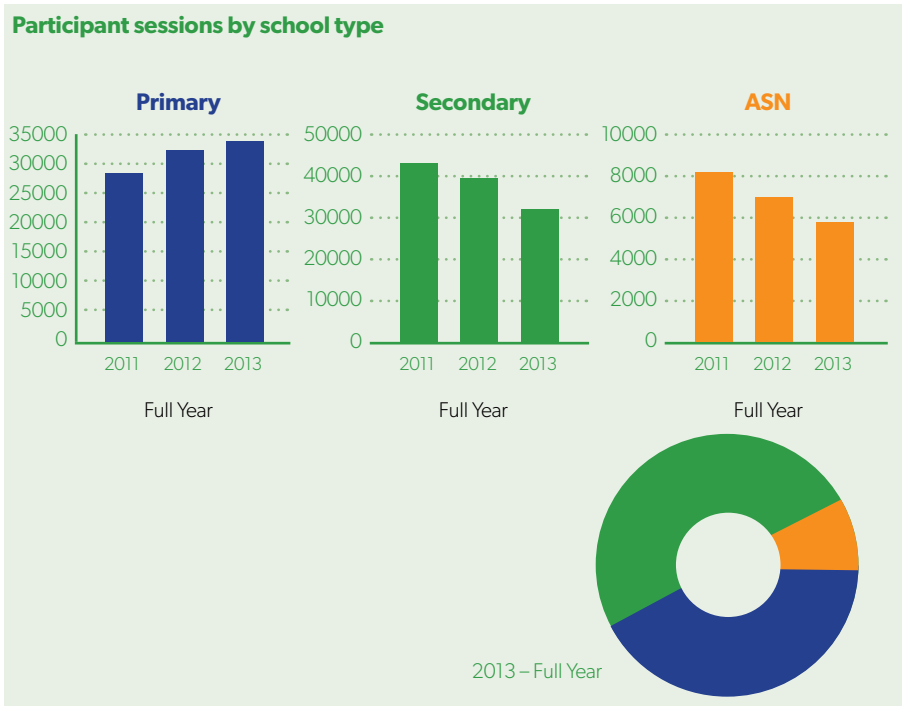
Participation

Active Schools performance is monitored online using ASMOII a monitoring tool developed by **sport**scotland. Coordinators record extracurricular sport and physical activities during term time only. The activities we monitor take place before school, at lunchtime and also after school including evenings and weekends. We also monitor the number of distinct participants in our programmes, our deliverers and school/club links.

During the academic year 2013/14 we delivered 530 extracurricular clubs in our schools and where schools are too small to sustain their own clubs we offer cluster clubs to ensure that all our pupils have the opportunity to access our activities. This year we offered 81 cluster clubs over the three terms.

We did experience a drop in the number of clubs being delivered in our secondary schools this year and this, I believe, was directly related to the introduction of the new National 4 and 5 qualifications. The implementation of these new qualifications resulted in an increased workload for many teachers who as a direct result had to cut back on some of the extracurricular clubs they would normally be involved in.

Despite this we still had a really productive year delivering 4,546 Activity Sessions in 39 different sports and activities over the course of the year. Activity Sessions are calculated by multiplying the number of clubs by the number of weeks each club runs and the number of weeks we can run a club is determined by a number of factors but mainly facility availability. On average each Activity Session was attended by 15 pupils amounting to a total of 70,758 pupil visits over the academic year. All these statistics are directly related to the number of clubs we run and I am confident that now the new examinations are embedded we will see a reversal of this trend and an increase in clubs in 2014.

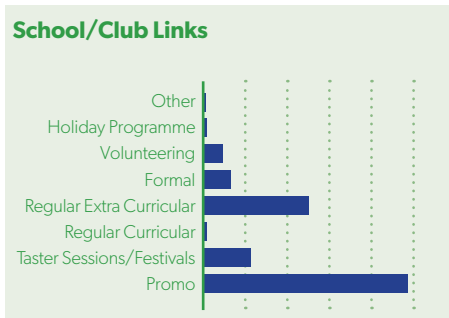
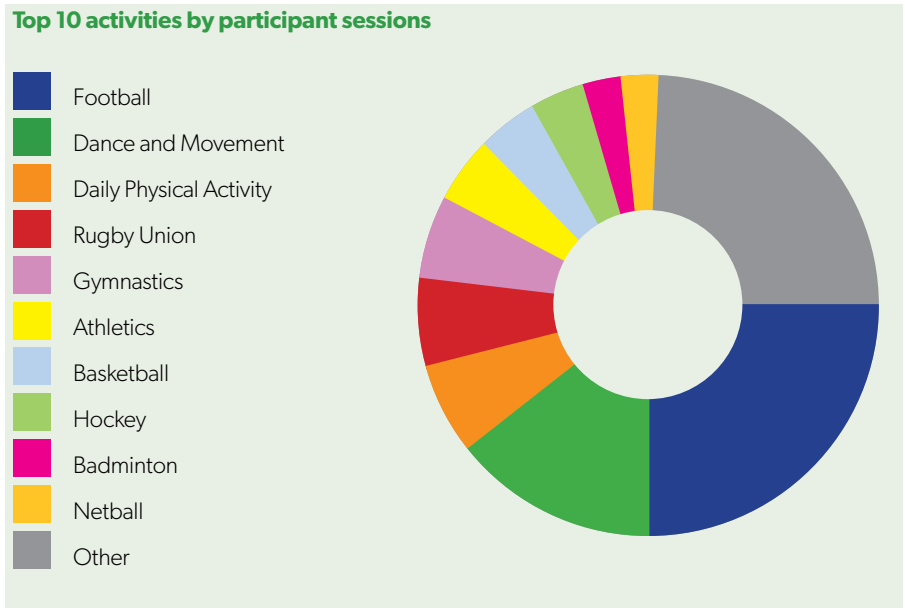
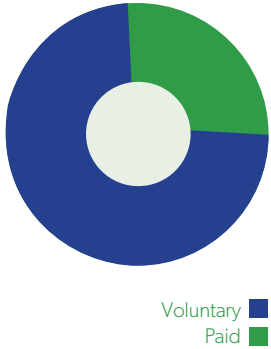
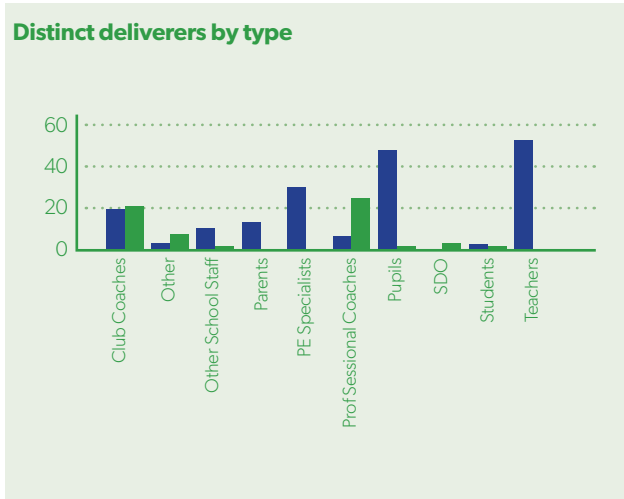


In order to run clubs and activities in schools and the community we rely on the time and commitment of a dedicated band of volunteers and coaches and this year we saw the number rise by 31 to 244 distinct deliverers. 75% of our deliverers are teachers and senior pupils and we are extremely grateful for their time and effort and for working in partnership with us to make Active Schools in Midlothian a resounding success.

Forming robust links with local sports clubs is another important element of the work of Active Schools ensuring that young people who develop a passion for a particular sport can continue their participation beyond school. Although we have an abundance of football and rugby clubs in the area who keep literally hundreds of children engaged in these sports we are also lucky to have a number of other very well run sports clubs in the area and we have now developed strong links with 60 different clubs.

Our top ten activities this year were football, dance, daily physical activity, rugby, gymnastics, athletics, basketball, hockey, badminton and netball and other. The 'other' category includes a wide range of sports including trampolining, table tennis, swimming, diving, judo, taekwondo, golf, karate, cycling, bowling, skiing and snowboarding,

The ASMO data we receive gives us access to detailed information on our participant sessions, by year group, gender and authority wide and can also give information by cluster or by individual school. This is a powerful management and planning tool for the team and coordinators can identify specific gaps in the schools they serve and hopefully find ways to address them.



People

Midlothian has an ageing population, no Further or Higher Education establishments and the majority of the working population commute to Edinburgh. These factors provide the team with a real challenge when trying to recruit volunteers for our extracurricular clubs. However although recruitment from the general community remains an ongoing challenge we are very lucky in terms of the large number of volunteers we manage to recruit from our schools. Teachers and senior pupils make up the majority of our volunteers and we are extremely grateful for their ongoing support. Volunteers are however the single most important factor in the sustainability of our programmes and the team continues to explore new ways to recruit and retain them.

In recognition of the invaluable contribution volunteers make to our Programme a new category of award was included in the Midlothian Annual Sports Awards and the Active Schools Volunteer of the Year award 2013 was awarded to Darren McCraw of Newbattle High School.

A talented player himself, Darren has thrown himself into football coaching this year giving around 100 hours of his time. Darren has done everything from distributing flyers, setting up pitches and all the other unglamorous tasks to assisting in Coaching sessions, all on a voluntary basis.



During 2013-14 we had 244 deliverers, 75% of them volunteers, at our afterschools clubs and assisting with our interschool sports events and festivals.

Who are our deliverers?

Total number of volunteers	184
Total number of paid deliverers	60

Robert Connor is a volunteer who has been working in Active Schools this academic year. He is a former pupil of Woodlands School in Edinburgh now living in Gorebridge, took the opportunity to get involved with Active Schools through his local Enable Scotland Coordinator. He has been coaching this year in the Lasswade area.



Where do our volunteers come from?

Teachers and other school staff	94
Senior pupils	47
Students	2
Parents	15
Club coaches	26

Without the help of our volunteers and club coaches we would have a much diminished programme and in appreciation of their time, effort and commitment to sport and the Active Schools Programme we run an annual coach and volunteer education programme in partnership with our colleagues in Sports Development. In addition this year in partnership with sportscotland's Coach & Volunteer Development Manager we ran a week long coach education programme in February at the new Lasswade Centre to encourage more multi sports coaches.

Altogether during 2013/14 we had 311 coaches attend one or more sports specific training courses and 150 sports related training sessions such as first aid and PCS. In addition 206 young leaders were trained as Junior Jog Scotland leaders or Playground Pals.

Coach and Volunteer Education Programme 2013

Sport Specific

Athletics	Athletics UKA Leaders	20
	Sportshall Athletics Introduction	4
Basketball	UKCC Level 1 Basketball	11
Cycling	Cycle Training Assistant	15
Football	Scottish FA 1.1 Early Touches	17
	Scottish FA 1.1 Development Activities	25
	Scottish FA 1.2 Coaching Young Players	12
	Scottish FA 1.2 Coaching Youth Players	13
	Scottish FA 1.3 Coaching in the Game	5
	Scottish FA 1.1 Goalkeeping	8
Golf	First ClubGolf	22
ClubGolf	Extreme	2
Gymnastics	UKCC Level 1 Gymnastics	1
Hockey	UKCC Level 1 Hockey	10
Rugby	Rugby Ready	59
	Rugby Youth Coaching	44
	Rugby CPD	39
Swimming	UKCC Level 1 Teaching Aquatics	12
	Swimming- National Rescue Award	1
Tennis	UKCC Level 1 Tennis	1

Non Sport Specific

First Aid	25
Positive Coaching Scotland	123
Disability Inclusion Gymnastics	2
Playground Pals	194
Junior Jog Leaders	12

6 Darren McCraw AS Volunteer Newbattle HS/Volunteer of the Year 2013

7 Robert Connor AS Volunteer Lasswade cluster

Partnerships

The main aim of Active Schools is to provide all school aged children with the opportunity to get active through the provision of a quality programme of sport and physical activity afterschool and in the community. In order to do this and to ensure future sustainability we need to recruit and train teachers, parents and senior pupil volunteers to help deliver our programme.

Kevin Bracks has been working across Midlothian for over a decade and in addition to his role with Keith Wright our Football Development Officer Kevin delivers a number of our Active Schools Clubs. Kevin is a highly qualified and experienced SFA Football Coach who has also recently supported the development of two volunteers who have been provided by Enable Scotland.

We also need to develop strong links between schools and local sports clubs to make it easier for young people to continue playing sport once they leave school. Upbeat Dance have been delivering clubs in Midlothian schools for over three years. Pictured is Shannon Stevens, a former pupil, who recently qualified as an instructor. Shannon is from the Newbattle area and Laura Reynolds, who runs Upbeat Dance is from Dalkeith. They offer sessions throughout the school year both as part of our programme and as a community based club with whom we have a school club link.

Partnership working is vital to the success of Active Schools and we would like to acknowledge the very positive contribution of the individuals and organisations listed on this page for their ongoing support over the past 12 months.

Internal Partners

- PE Specialist Teachers
- Head Teachers, School Staff and pupils
- Sports Development Officers Football, Rugby and Generic SDOs
- Outdoor Learning team
- School Travel Coordinator
- Principle Officer, Community Sport Hubs
- Get Going Officer
- Ageing Well Coordinator, and volunteers
- Area Leisure Managers and facility teams
- Community Safety Partnership
- School PTAs

External Partners

- Sport Clubs and Coaches
- SportsScotland
- SportsScotland Partnership Manager
- Scottish Governing Bodies of Sport, in particular:

Scottish Football Association
Scottish Rugby,
Scottish Athletics
Scottish Gymnastics
Regional Sports Development
Managers

- Parents and Volunteers
- Youth Sports Trust
- Winning Scotland Foundation

We work really hard to develop strong links with schools and the quote opposite, from Bob Foley, Head of Health and Wellbeing Faculty at Newbattle Community High School is confirmation that we are succeeding.

“Pupils have been provided with a host of new opportunities, including training and leadership roles, with the contribution of Active Schools Coordinators certainly helping to enrich our teaching.

Coaching qualifications are also available to pupils through Active Schools, enabling them to gain skills that will help them beyond school.

Organising everything from transition events to linking with our six associate primaries, to summer festivals and after-school clubs, the contribution of the Active Schools Team is incredible and we couldn't be without them.

The collaborative approach to getting pupils involved in sport and physical activity has been a huge success.”

© SPORTFIRST, Issue 13, Summer 2014



8 Shannon Stevens Upbeat Dance instructor

9 Kevin Bracks SFA football coach



National Programmes

Positive Coaching Scotland

Positive Coaching Scotland (PCS) is a cultural change programme imported from America and adapted by **sportscotland** and Winning Foundation for use in Scotland. PCS involves the key influencers in young people's lives, parents, teachers, coaches and club leaders in training designed to ensure that they create a positive environment for young people participating in sport. The programme teaches the value of effort and learning as opposed to winning at all costs. April 2013 – March 2014 Phase 1 of the roll out of PCS in Midlothian focused mainly on tutor training and a roll out to the clubs, coaches and parents linked with the Penicuik and Newbattle areas Community Sports Hubs (CSH) and Young Leaders from all six secondary schools. All delivery statistics also include workshops delivered by SFA Football Development Officer for Midlothian, Keith Wright and the Scottish Rugby Union Rugby Development Team.

Delivery figures achieved during phase
Troll out in Midlothian:

Workshop Type	No. Delivered	No. Of Overall Attendees
Club Leader Workshops	3	13
Double Goal Coach Workshops	7	118
Parents Workshops	4	54
Young Leader Workshops	6	72
Teachers Workshop	1	4

Feedback from the workshops has been very positive with most attendees supportive of the key principles of the PCS ethos.

In Phase 2, April 2014 – March 2015, we have switched to a sports specific approach, targeting Swimming and Gymnastics. We are also targeting Parent Councils linked to the seven Penicuik area primary schools to raise awareness of the Parent Workshops and encourage more attendees from a school setting. Young Leaders and Teachers Workshops, popular during Phase 1 will continue to be delivered in Phase 2.

Clubs, club leaders and coaches of all sports will be informed about all planned workshops to ensure that those keen to attend can still do so

Sports Leaders

Penicuik High School offer Sports Leaders UK as part of the curriculum. There are no exams in the programme but pupils do have continuous assessment on their ability to lead for a certain period of time. The Active Schools team worked with PE staff to support pupils and provide them with training, all Sports Leaders attended a PCS workshop, and volunteered at Active Schools Clubs. Last year we supported 11 (Penicuik) pupils to gain this award and the pupils assisted with the organisation and running of the primary school commonwealth sports festivals in their cluster.



Lead 2014

Now entering its fourth year, Lead 2014 is a partnership between the Youth Sport Trust, sportscotland and Glasgow 2014, the aims of which are to harness the enthusiasm and potential of young people to create the next generation of Sports Leader. This year, the Penicuik group of eight S4 pupils attended a Regional conference in March 2014 and went on to lead a very successful Commonwealth Festival of Sport for Penicuik P6 pupils. At Newbattle Community High School, eight Young Leaders also attended the Regional Conference which prepared them to go on and plan a Lead 2014 Festival for new S2 pupils, as well as providing lunchtime sports sessions for the P7 transition days.



10 Newbattle H.S. Lead 2014 Pupils
11 The Positive Coaching Scotland message
12 Newbattle Area Ryder Cup Festival

ClubGolf

ClubGolf was a key component of Scotland's successful Ryder Cup bid and this legacy programme which aims to introduce every 9 year old to the sport was launched in 2003.

In the decade since it was launched the team has worked extremely hard to meet this target.

This year in the run up to the event to be hosted at Gleneagles in September 2014 we introduced Ryder Cup Festivals to help raise the profile of the programme and moved the school delivery phase to before Easter to provide a better link with the club programme.

With one third of schools taking part these inaugural events were a great success. The schools were split up into either Europe or USA and had scores taken as they worked their way round the stations. The challenges included full swing, mini course, putting, fun games and a golf quiz.

Martyn Wood a teacher at Hawthornden PS who has delivered for the last two years reported that 'ClubGolf is simple to teach, all materials are in the bag from lesson planners to clubs and supporting apparatus. It provides fantastic lessons that are fun to teach!'

The Lasswade event was supported by Broomieknowe Golf Club who provide one of the local pathways from school to club. Other pathway clubs in the area are Melville, Newbattle and West Linton Golf Clubs.

The success of last year's decision to offer pupils the opportunity to enter the ClubGolf pathway at all four different clubs across Midlothian has been continued. The club phase provides a pathway for pupils to progress through different coaching stages over a number of years and ultimately aims to attract and retain them as junior members.

Champions in Schools

For the second year running, schools are embracing the Champions in Schools programme delivered by Winning Foundation. The programme places high performing athletes in all our secondary schools and Saltersgate ASN School to deliver three inspirational workshops designed to educate pupils to:

- Set and achieve goals
- Adopt healthy and active lifestyle
- Appreciate the value of hard work
- Adopt a positive, winning attitude

Clubgolf programme stats

Academic Year		No of Schools delivering		No of P5 children participating	
2009–10	Target	30	100%	727	80%
	Actual	24	80%	627	69%
2010–11	Target	30	100%	818	95%
	Actual	26	88%	751	87%
2011–12	Target	30	100%	850	100%
	Actual	20	66%	553	65%
2012–13	Target	30	100%	850	100%
	Actual	18	60%	581	68.3%



"Our clubgolf at Broomieknowe Golf Club has started its 6th year. We have 15 new P5 children from various primary schools. There are also 21 children who are in their second or third year of coaching. The support from the Active Schools Coordinators is invaluable. They run a clubgolf festival which is popular with the children and they get the support of the teachers to do the clubgolf introduction in schools. This is the first contact with golf that some children have"

Ellice Cackett, Clubgolf Coordinator at Broomieknowe Golf Club, Bonnyrigg.

Midlothian's Champions

School	Athlete	Sport
Newbattle	Susan Egelstaff	Badminton
St David's	Kelly Edwards	Judo
Dalkeith	Adam McKenzie	Hockey
Lasswade	Dewald Nel	Cricket, Scottish internationalist
Beeslack	Freya Ross	Olympic Marathon runner
Penicuik	Dewald Nel	Cricket, Scottish internationalist

Young Ambassadors

The Young Ambassador programme was introduced across the UK in the lead up to the London 2012 Olympics and across Scotland the focus is now firmly on the Commonwealth Games Scotland.

Last year two young ambassadors from each of our six High Schools were selected for their sporting talent and ability as young leaders. Our 12 young ambassadors in Midlothian were mentored by their Active Schools coordinator or a nominated PE teacher and provided with support and development opportunities through the programme. Our YAs are outstanding role models promoting the positive and health values of school sport and PE and assisting as young leaders in the Active Schools annual sports event programme for schools. Rachel Law, a Young Ambassador from Penicuik High School has had a very productive and successful year since she not only presented at the Annual Active Schools Networking Day in October but was nominated and chosen for the National Young Ambassadors Steering Group.

Sportscotland launched their new national campaign to make the most of public interest around Glasgow 2014 and Rachel assisted the sportscotland team at the end of day event for the QBR tour of Midlothian in Dalkeith Country Park. Both the Unleash team and the AS team



had fun equipment available to let children try out and hopefully get interested in a variety of sports and it certainly worked for one little boy:

'It was great – my 6 year old was fascinated and is keen for the Commonwealth Games to start so he can hear what the Queen's message is. He also loved the taster sessions of some of the sports on offer, so much so that when we went to book a badminton court at Gorebridge Leisure Centre he joined up with their badminton club to give it a go – that's what I hope comes from last night kids being inspired to try new things and take up new hobbies. Thanks to all involved in staging this.'

Rachel pays testimony to the value of this programme:

"The Young Ambassador programme seeks to develop young people into leaders and volunteers, by providing them with the responsibility of being an ambassador for PE and school sport. A Young Ambassador's role is to increase participation and healthy lifestyles in their school, promote the positive values of sport in and through sport, be a role model in advocating PE and school sport and be the young people's voice on PE and school sport in their schools and communities.

Sport has always played a huge role in my life so being selected as a Young Ambassador for my school was a great opportunity. I know how beneficial sport can be and was keen to encourage as many people to get involved in sport as possible. In particular, I was keen to get girls to play sports that they might not be expected to participate in such as rugby, which is my main (and favourite) sport. Over the past two years I have worked with the Midlothian Active Schools project, speaking to primary school pupils within the Penicuik area and with fellow pupils within my own school to get them to try a number of different sports and physical activities.

Being a Young Ambassador has also given me many opportunities to gain new experiences and develop confidence and skills on a personal level. As well as my work in school and the local area as a YA, I am now a member of the Scottish Young Ambassador Steering Group, have presented talks at a Young Ambassador conference and been invited to participate in a 'Women in Sport' workshop. I have successfully applied to be a member of the National Young People's Sport Panel and been given the honour of carrying the Commonwealth Games Baton in the Midlothian leg of the Queen's Baton Relay.

I hope that I have been able to make a difference, especially to help females to express themselves in a sporting environment. I am very grateful for the chance to do so and the opportunity to voice my opinions on women's involvement in sport on a wider platform than would otherwise have been possible".

13 Badminton Players at Dalkeith Country Park 16th June 2014

14 Kieran Fergguson, Young Ambassador at Penicuik H.S.

15 Young Ambassadors taking the lead at the Active Schools Regional Networking Day in October 2013

16 Blair Jones, Young Ambassador at Lasswade H.S.

17 Jenny Henderson, Young Ambassador at Lasswade H.S.

18 Rachel Law, Young Ambassador, Penicuik High School



UNLEASH YOUR SPORTY SIDE

SCOT

18

BE INSPIRED
BY GLASGOW
2014

COACH

UNLEASH YOUR SPORTY SIDE

THERE ARE HUNDREDS OF WAYS TO GET INTO SPORT. PLAY, COACH OR VOLUNTEER. THE OPPORTUNITIES ARE HERE.

2014 GAMES

Projects

Summer of Sport

The summer of 2013 marked the start of a busy period for sport across Scotland. With Glasgow hosting the Commonwealth Games in July 2014 and followed closely by the biggest showdown in golf with the USA taking on Europe at the famous Ryder Cup hosted by Gleneagles Golf course in September. Using these once in a lifetime events to engage children in sport, we launched our Commonwealth Passport, which formed part of our Summer Sports Programme, at the beginning of the school holidays.

The 2013 programme gave young people the opportunity to try a wide range of sports such as Hip Hop, Judo, Basketball, Squash and many more. Young people can also play water polo, learn how to dive or do rookie lifeguarding qualifications and the programme is planned jointly by members of the Active Schools and Sports Development teams and delivered by local sports coaches.

With Commonwealth fervour rising daily since the launch of the QBR in Scotland, we are expecting high numbers at this Summer's activities scheduled all over Midlothian at venues such as The Lasswade Centre, Ladywood Leisure Centre, The Penicuik Centre, Newbattle High School and the Dalkeith Campus. Parents are very responsive and supportive of what we offer for holiday periods.

DENISE WHITEHEAD CAME INTO POST IN MAY 2014 TO COVER THE MATERNITY LEAVE OF CAROLYN CAMERON, PRINCIPAL OFFICER, COMMUNITY SPORT HUBS.



The clubs continue to work together to increase participation and engage the local community.

In the Newbattle area the main challenges of the past year have been integrating organisations which previously had not worked together to move forward for the common good. Currently we have new clubs coming onboard, including Midlothian Amateur Boxing and Fitness Club. Going forward I will be working with the clubs to roll out 'Positive Coaching Scotland' and increase the number of coaches within clubs at junior level. Plans are being developed to train three new tennis coaches with a view to expanding Dalkeith Tennis Club's Junior Division and to deliver Active Schools tennis clubs in the High School. Two parents have also expressed an interest in developing a Junior Basketball club as part of the Hub.

Community Sport Hubs

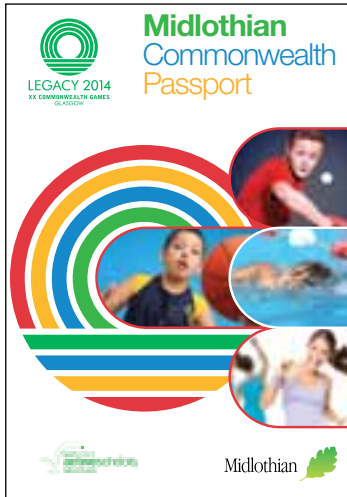
In Midlothian we have three area based Community Sport Hubs; Penicuik, Newbattle and most recently Lasswade.

Penicuik is a strong example of partnership working between sports clubs, local community facilities and the schools in the area. Over the last year, the clubs involved have grown both in their number, participation and commitment to the Penicuik Community Sport Hub. This has been demonstrated by the continued commitment of the clubs involved to drive the Hub forward. This year the Penicuik Hub have produced their own 'Guide to Sport' with financial assistance provided by the CSH funding administered by sportscotland.

Lasswade Community Sport Hub, launching in the late summer of 2014, is in the early but very exciting stage of its development. Currently we have around 10 clubs working together to produce a constitution and aims for the Hub. Regular meetings are taking place to work on a Club Affiliation Package and membership is increasing month on month.



19/20 Youngsters at the Newbattle Community Sport Hub Tennis Club



Commonwealth Passport

This year, we launched an exciting new initiative to encourage physical activity for pupils in P4 to P7.

For each new sport that pupils tried, they were awarded 10 points and, between June 2013 and May 2014, points were gathered. Pupils had the opportunity to work towards either a Certificate (30 points), a bronze medal (40-80 points), a silver medal (90 – 150 points) or a gold medal (160 – 260 points). Those pupils who were active enough to gain a gold medal had their names put into a prize draw and the winner and runner up received two tickets for

either the Opening or the Closing Ceremony of the XX Commonwealth Games in Glasgow. The winners were Kate and Matthew Inglis, both pupils at Lasswade primary school.

Active School Reward Scheme

As a follow up initiative to our Commonwealth Passport, we plan to continue with a similar scheme to encourage pupils to attend active school activities. In 2013-14 we organised 39 different activities with 3551 different pupils taking part in our school activity programmes across the Authority. The plan is to provide rewards and incentives for pupils to attend more of these clubs and move onto community based clubs that we have links with. We will be using our Active Schools Database to track and record individual pupil participation. The scheme will be launched in August 2014 and will run for the duration of the academic year.



Active Midlothian Website

Our new website which features all of the sport and leisure for Midlothian was launched

in June 2013 and has proved a worthwhile project. It has allowed us greater control of what we promote and we believe this has raised the profile of Active Schools even over a relatively short space of time. We had almost 3K different visitors in the first six months with two thirds of these users returning to the site. Active Midlothian details information on news and events along with details on particular school cluster areas as well as how to get involved in volunteering. The information we upload and how we administer the website is controlled by a web group whose aim is to improve and develop the site.

www.activemidlothian.org.uk

21



21 Youngsters taking part in Taekwon Do at the Newbattle Commonwealth Passport Games Club

Sports Events and Festivals

Each year the Active Schools and Sports Development teams plan and deliver an exciting programme of curricular sports festivals and inter school events, some leading to regional and national competition. Pupils take part in curricular and extracurricular training before coming together to compete in the hugely enjoyable basketball, hockey, athletics, sportshall athletics, giant heptathlon, football, rugby and cross country events and festivals. In partnership with the newly formed School Sports Partnership and local clubs, we continue to work towards further developing the inter school events programme in each year. The team also work hard to support and promote National Events such as Sports Relief.

Sport Relief Shuffle

A special dance routine was choreographed this year to celebrate 'Sport Relief Day'. In advance of the event, Active Schools Coordinators and Sports Development Officers, led by Vivian Wallace, Ageing Well Coordinator, along with some of her volunteers, went out to local schools to teach the routine which was a forward line dance. Using indoor and outdoor spaces, children and teaching staff were put through their paces. On 23rd March, over 200 children and families from Midlothian, supported by the Midlothian Sport & Leisure Mascot MACbear, took part in the 'Sport Relief Shuffle' at Dalkeith Campus and over £1000 was raised for Sport Relief.

Basketball Festival

More than 150 pupils representing 14 schools took part in this year's Basketball Festival. The festival had two small court round robin tournaments followed by some full court games. Player of the Festival trophies goes to the best boy and girl player on the day. The event is supported by Basketball Scotland.

Cross Country Festival

Twelve Primary Schools took part in this year's Cross Country Festival at Vogrie Country Park. The Country Park is an excellent venue for the event and provides a sufficiently challenging course for the runners taking part. This year, around 200 children took part with Lasswade coming top in the two separate age groups.

Primary Sportshall Athletics Festival

Twenty six primary schools took part in this year's event which comprises six field and five track disciplines. Five heats were held during January involving nearly 500 pupils. The overall winning team receives a shield to display for a year and this year's top two teams Paradykes and Mauricewood, represented Midlothian at the East of Scotland finals organised by Scottish Athletics and held at Meadowbank in March 2014. The Midlothian event is delivered in partnership with Lasswade Athletics Club providing a clear development pathway for all pupils taking part. Lasswade Athletics invite all pupils to join the community satellite clubs regardless of ability.

Hockey Festival

Schools are offered a block of hockey coaching prior to the festival in May and the 3rd and 4th placed school teams go on to represent Midlothian at the National Primaries Hockey Festival at Peffermill. The top two teams on the day take part in a Regional Festival which each participating authority takes a turn at organising and hosting. Eskvale Hockey Club supports the Midlothian event providing a pathway via satellite community clubs for pupils.

Primary Athletics Championship

The Primary Athletics event takes place annually on the first Tuesday in June at Dalkeith

Campus athletics facility and is open to P5-P7 pupils. Schools prepare their teams for the event with the support of school staff and PE specialists. Sadly, due to bad weather, this year's event did not take place.

Secondary Athletics Championship

The Secondary Athletics Championship is open to S1-3 pupils and all six secondary schools in Midlothian take part. The competition held at the Dalkeith Campus includes 12 athletic disciplines and teams are supported by High School PE staff and volunteers from Lasswade Athletics Club. The standard was exceptionally high again this year with new records being broken in a number of events; particularly by Lasswade High who finished runner-up to this year's winning team, Dalkeith High School.

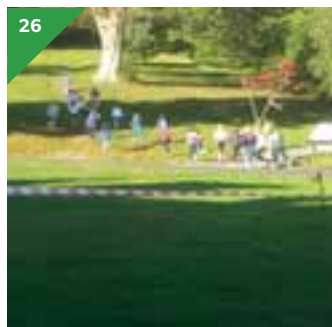
Giant Heptathlon

This year's Giant Heptathlon was attended by four of the six high schools and we were fortunate to have Freya Ross (Murray), 2012 London Olympics Marathon runner in attendance to inspire and mentor the pupils. The Event was won this year by Dalkeith High School with Lasswade High School as runners up. Both schools went on to represent Midlothian at the East Regional Finals held at Meadowbank Stadium.



New 2014 Championship Records

Name	High School	Event	Distance or Time	
Max Gordon Tennant	Lasswade	S2 Boys 80m Hurdles	14.00	Seconds
Rachael Ferguson	Lasswade	S3 Girls 75m Hurdles	11.97	Seconds
Rachael Ferguson	Lasswade	S3 Girls 200m	27.11	Seconds
Jack Morgan	Dalkeith	S3 Boys 200m	24.84	Seconds
Jamie Darling	Lasswade	S3 Boys 400m	58.44	Seconds
Carolyn Cameron	Lasswade	S3 Girls 800m	2.20.92	Seconds
Lasswade Team		S3 Boys 4 x 100m Relay	49.88	Seconds
Kirsty Robertson	Lasswade	Girls Javelin	19.13	Metres
Matthew Sinclair	St Davids	Boys Discus	26.90	Metres
Lisa Robertson	Newbattle	Girls Long Jump	4.80	Metres



22 Cornbank P.S., winners at Ladywood Leisure Centre in the run up to the Regional Event at Peffermill
23 Sport Relief Day on 23rd March 2014 with MACbear at the Dalkeith Campus
24 2014 Sportshall Athletics Event athlete
25 Provost Joe Wallace presenting the winning shield to two members of the Dalkeith H.S. team at the Secondary Athletics Championships
26 Cross Country runners at Vogrie Country Park



27 Secondary Athletics Championship runners
28 A Shot Putter at the Secondary Athletics Championships
29 Dalkeith H.S., winning team at the Secondary Athletics Championships
30/31 Giant Heptathlon Athletes
32 Freya Ross at the Giant Heptathlon Event highlighting the commitment needed to make a top flight athlete

Penicuik Area Report

Penicuik High School

Penicuik High School is one of two secondary schools in Penicuik currently enrolling approximately 615 pupils and is situated opposite Penicuik Park and next to Penicuik Centre. The school has access to both Penicuik Park and Penicuik Centre during curriculum time for PE classes and for extracurricular clubs before and after school and during lunchtime. The school has four main feeder primary schools: Cornbank, Cuiken, Strathesk and Sacred Heart.

2013 Highlights

Penicuik High School has again been significantly involved in many of the Active Schools' initiatives on offer and has boasted a diverse extra-curricular programme in 2013-14. The school has also been at the forefront of the Young Ambassador Project, as well as having delivered another very successful Lead 2014 project, encouraging both positive leadership and role models for the younger members in school to emulate.

Extra-curricular Rugby has flourished with the arrival of Graham Wilson as well as other activities on offer as part of the programme. Working in partnership with member clubs of the Penicuik Sport Hub ensures that exit routes are in place for pupils to sustain lifelong involvement in their chosen sports and physical activities

Plans for 2014/15

This years' focus for Penicuik High School lies mainly with maintaining good practice and building on the number of extra-curricular clubs and participation sessions currently on offer. Selection for the next Young Ambassadors is currently underway and we hope to build on the success of the YA programme by using the six YA's in a sports council role to highlight sporting opportunities available and the health and social benefits sport can provide.

KATE MURRAY
ACTIVE SCHOOLS
COORDINATOR



Kate Murray joined the Midlothian Active Schools Team in January 2005 when the programme was launched in Midlothian and has worked hard to promote and deliver Active Schools in the Penicuik area. Kate has a BA Hons. Degree in Sport and Leisure from Edinburgh University and previous posts prior to joining Active Schools were with Fitness Scotland and also Fife Council working on their New Opportunities (Lottery) Fund Sports Programmes. Kate who is currently on maternity leave and enjoying her two new additions to the family, Tom and Emma is using KIT days to keep up with what is happening in her schools.

GRAHAM WILSON
ACTIVE SCHOOLS
COORDINATOR
(MATERNITY COVER
JANUARY – JUNE)



Graham joined the Midlothian Active Schools Team in January 2014 to cover two maternity posts. He assumed responsibility for Penicuik High School, Beeslack Community High School and Newbattle Community High School for a six month period. Graham has a PE background, having qualified as a PE Teacher, and has worked as an Active Schools Coordinator in several other Authorities covering other short-term maternity posts. Graham is a keen Rugby player for Heriots RFC.

Active Schools – Adding Value

The Young Ambassadors from 2012/13 have been exceptional role models for this year's new Young Ambassadors. They have worked hard in the local primary schools promoting the Midlothian Commonwealth Passport, the Active Schools extra-curricular programme and have they have produced several sport based promotional newsletters for their high school peers.

The LEAD 2014 group once again delivered a successful Commonwealth style festival for primary six pupils from the feeder primaries. The Sport Leaders have been trained to deliver several sports including Cricket, Junior Jog Scotland, Clubgolf and they have also had the opportunity to deliver some multi-sport sessions in two primary schools. These pupils also took part in a Positive Coaching Scotland (PCS) Young Leaders Workshop.



33 Penicuik Young Leaders in action

34 Penicuik Commonwealth Fun Friday Bikers

35 Penicuik Commonwealth Fun Friday Archers

Beeslack High School

Beeslack Community High School is situated in the south-west of the region and is one of two secondary schools based in the Penicuik area. Beeslack CHS has three main ASG feeder primary schools: Roslin PS, Glencorse PS and Mauricewood PS, with also a vast number of pupils travelling from wider vicinities. Currently Beeslack CHS has a school roll of approximately 780.

2013 Highlights

This year, Beeslack has been very proactive in developing their extra-curricular Rugby programme with boys from all age groups taking part in regular competition and the girls programme steadily increasing too. Extra-curricular Gymnastics, Basketball, Hockey, Dodgeball and Football have been added to the existing programme thanks to a number of very enthusiastic teachers.

JENNA MCCANDLISH ACTIVE SCHOOLS COORDINATOR



Jenna completed a degree in Sport and Exercise Science in 2006. After completing her degree Jenna worked briefly as part of the East Lothian Active Schools Team after graduating from University and soon moved to Active Schools Midlothian in January 2007 to cover a maternity post. Changes in the Active schools programme led to the continuation of Jenna's employment with Midlothian Council.

Active Schools – Adding Value

The extra-curricular programme has been thriving with increased participation occurring most school terms at Beeslack. An exciting transition morning took place, for primary pupils planning to make the move up to Beeslack, organised by the Active Schools Team and this year delivered in the main by the school PE staff.

A Health & Well-Being Commonwealth Games themed event which was a success for S1 and S2 was supported by the schools four Young Ambassadors and local further education students and staff from Edinburgh College.

This year's Young Ambassadors have worked well in partnership with last years' Ambassadors in promoting school initiatives both in the primary schools and within Beeslack. A notice-board has been kept up-to-date with sporting opportunities on offer in school and in the local community.

A new group of pupils have taken part in the Champions in Schools project, delivered by former pupil and athlete Freya Murray.

The project is aimed at encouraging pupils to alter their lifestyle through changes to their physical activity levels and diet by inspiring them to set small goals and to work hard to achieve targets.

Plans for 2014/15

A key focus will be in retaining the number of volunteers involved in the Active Schools programme to maintain existing levels. Using our team of excellent volunteers, we aim to increase the number of activities on offer. The Young Ambassadors will again be encouraging fellow pupils to try new sports and will target S1 pupils to try and engage them in sport and physical activity opportunities from the start of their secondary school journey.

High priority and support will be given to school team participation to ensure that momentum gained in terms of attendance at events and fixtures in 2013/14 is maintained and enhanced where possible.



Penicuik & Beeslack Feeder Primaries

Both Penicuik and Beeslack High Schools work closely with the feeder primary schools over the course of the academic year. There are seven feeder Primary schools – Cornbank, Cuiken, Sacred Heart, Strathesk, Roslin, Glencorse and Mauricewood. The Active Schools Programme in Penicuik is by far the most productive in terms of participation levels across Midlothian and this is due to the commitment made by each and every primary school in the Penicuik Cluster.

2013 Highlights

The Active Schools Primary programme in Penicuik is cluster based and is offered to all seven primary schools. The programme has been developed over several years to help to make best use of the Penicuik area geography. Efforts are continuing in terms of increasing the number of informal and formal links with Penicuik sports clubs to ensure that pupils can enjoy a more constructive pathway from school sports club to local community sport clubs. The inaugural Penicuik Cricket Club & Active Schools Primary Cricket Festival took place in May, with over 100 primary 5, 6 and 7 pupils from Mauricewood Primary and Sacred Heart Primary taking part. This was the culmination of six months of school taster sessions, delivered by Penicuik Cricket Club.

Active Schools – Adding Value

Due to quite considerable personnel changes in schools and within the Active Schools Team working in the Penicuik cluster 2013/14 has proven to be a challenging year, but through hard work from both schools and Active Schools staff, most programmes, events and festivals have carried on as normal. Participation figures have shown a small increase which has been very pleasing given the challenges faced. We have managed to retain all of our hard working volunteers, young leaders and club coaches whose efforts and dedication add to the success of the programme. Most schools have continued to embrace taster sessions delivered by clubs in curriculum time and have attended most of the festivals and events running. Schools have also engaged with ClubGolf and Bikeability Cycle Training.

ASMO Stats 2013/14

Penicuik Cluster

Activity Sessions	1069
Participant Sessions	14019
Volunteers	46
Qualified Volunteers	30
Qualified Senior Pupil Volunteers	12
School to Club Links	14

Plans for 2014/15

We aim to build on the legacy of the Commonwealth Games, Ryder Cup and other high profile sporting events to try to increase and maintain participation figures in the Penicuik area. A Reward Card Scheme is in the planning stages to build on the success of the Midlothian Commonwealth Passport Scheme piloted in 2013-14 which delivered increased participation levels at clubs.



36 Penicuik Cricket Festival

37 Penicuik Table Tennis Club at AS Fun Fridays

38 Penicuik Community Sport Hub welcomes Clyde



Lasswade Area Report

Lasswade High School

The Lasswade cluster comprises Lasswade High School a non denominational secondary school in Bonnyrigg and 10 feeder primary schools from the towns and villages of Bonnyrigg, Lasswade, Loanhead and Rosewell. Home to 1287 pupils the school takes pride in both its academic and sporting achievements, in particular the title Fittest School in Britain awarded in 2009.

DENISE WHITEHEAD ACTIVE SCHOOLS COORDINATOR



Denise has been with the ActiveMidlothian Active Schools team for almost 2 years, having started in October 2012. Currently Denise is part-time seconded to the position of Principle Officer of Community Sport Hubs. With over 10 years coaching and fitness instructor experience Denise hopes to promote the benefits of being physically active for health.

2013 Highlights

There are a wide variety of extracurricular clubs running within the school. During this academic year I have worked in partnership with the school sports coordinator Jim Clelland to organise and run a number of new clubs including the introduction of Brazilian style Futsal, a running club and Intensity Fitness. On-going extracurricular clubs include Rugby, Football, Dance and Movement, Hockey, Snowboarding, Skiing, Fitness, Badminton, Table Tennis and Basketball. Clubs are run by a mixture of teacher volunteers, volunteer coaches, senior pupils and paid coaches; which allows us to continue running the clubs free of charge. Netball has seen an increase in participation this year, with secondary friendly games taking place against Newbatttle and Penicuik High School. Active Schools have been able to provide funding for new netball uniforms and kit.

The Lasswade High School Transition took place for the first time in the new facilities. Over the course of two days 280 pupils took part in one of five activities during lunchtime. Pupils enjoyed Rugby with Lasswade RFC Club Development Officer Jack Forrester and Gymnastics in the new gymnastics academy.

Active Schools – Adding Value

There have been many success stories from Lasswade High School from National Initiatives to pupil attainment. Over the last year Active Schools have been working to promote physical activity through the sportscotland Young Ambassadors programme. This year's Young Ambassadors, Jenny Henderson and Blair Jones have been

focussing on making sport accessible to all pupils and promoting activities within the school. Jenny, 200m freestyle and backstroke Champion 2012, was selected as a Queen's Baton Relay baton bearer for Midlothian and Blair was nominated to receive the baton as it arrived at Lasswade High School.

This year at Lasswade the Champion in Schools role-model program, from Winning Scotland Foundation, provided Scotland's top international cricket player Dewald Nel to deliver a series of inspirational workshops for S2 boys. Each participant set personal goals and worked, with the guidance of the champion, to achieve them over the 12 week mentoring period.

Vaila Chapman, a 6th year pupil and Active Schools volunteer at Lasswade High School was again ranked number one on the UK women's Snowboarding Freestyle circuit. This year Vaila won Midlothian Sports Personality of the Year and was selected as Midlothian's first baton bearer during the Queens Baton Relay. Vaila snowboarded down the slope at Midlothian Snowsports Centre to set the Queen's Baton on its way around Midlothian.

Plans for 2014/15

This year my main plan is to use the links with local community clubs in the Lasswade Sport Hub to further strengthen the after school and lunch time activity programme. In partnership with Scottish Rugby and our Sports Development team Lasswade High School and Lasswade Rugby Club are currently working in partnership to deliver a School of Rugby to launch in the new academic year.



39 Lasswade pupils form a guard of honour to welcome the Queens Baton

ASMO Stats 2013/14

Lasswade Cluster

Activity Sessions	1167
Participant Sessions	17600
Volunteers	36
Qualified Volunteers	33
Qualified Senior Pupil Volunteers	0
School to Club Links	24

Lasswade Feeder Primaries

The Lasswade Primary cluster is spread across three towns and is comprised of ten primary schools in total. There are three schools in the town of Loanhead (Paradykes, Loanhead and St Margaret's) two schools in the village of Rosewell (St Matthews and Rosewell) and five in the conurbation of Bonnyrigg & Lasswade (Burnbrae, Hawthornden, St Marys, Bonnyrigg and Lasswade). The non denominational schools directly feed the new Lasswade High School with the three faith schools of St Marys, St Matthews and St Margaret's connected to St David's High School in Dalkeith.

SCOTT MONTGOMERY ACTIVE SCHOOLS COORDINATOR



Scott grew up in Midlothian and after leaving Penicuik High School, spent five years in the USA on a soccer scholarship. After returning to the area, he began work as a Youth Sports Development Officer with Midlothian Council before leaving for Scottish Borders Council to take up a post as an Active Schools Coordinator. Scott then joined the Active Schools team in Midlothian and has been the Coordinator in the Lasswade Area for almost five years. Last year he also took responsibility for Saltersgate School and Additional Support Needs.

Since returning from America, Scott played for 10 years at junior football level until being forced to retire through injury. He has continued in football however and is now Assistant Manager at Penicuik Athletic FC



40 Lasswade Ryder Cup Festival

41 Upbeat Dance sessions at Bonnyrigg P.S.

2013 Highlights

Over 20 different activities have been offered this Academic year, ranging from judo and fitness to yoga and hockey. Coaches and clubs are rotated and with the introduction of breakfast clubs, we have widened the opportunities available. This year we had over 150 pupils attend our inaugural Ryder Cup Festival which was supported by Broomieknowe Golf Club. Lasswade Primary School won our Cross County event and Paradykes Primary School won the Sportshall Athletics in January and went on to represent Midlothian at the Regional Tournament. Paradykes also excelled at hockey and represented the Authority at the Regional Tournament.

Active Schools – Adding Value

The delivery of Playground PALS has increased playground activity levels in the area by improving pupils' confidence and knowledge on game leadership. Commonwealth Passport opportunities were well attended at the new Lasswade Centre with a week long programme during the October break and a six week block of Fun Friday sessions running throughout the spring term. Four new schools participating in Bikeability Level 2 on road training have improved pupil confidence, safety awareness and activity levels.

Plans for 2014/15

Scott Montgomery and Denise Whitehead have joint responsibility for the Lasswade Cluster and they plan to continue working successfully together, their main aims being to develop additional cluster clubs using the new Lasswade Centre as a central venue. The Fun Friday sessions were also really popular and will be relaunched to support the new Active Schools Sport Passport the team is launching. The new School of Rugby which will be based at Lasswade High School will provide a platform to promote rugby to the feeder primaries. As the Lasswade Community Sport Hub develops, they aim to engage with clubs to provide more opportunities and pathways for youngsters.



Dalkeith Area Report

St David's High

St David's RC High School is Midlothian's Roman Catholic High School, based on the Dalkeith Schools Campus. St David's High School serves seven main feeder primary schools:

St Andrew's, St David's, St Luke's, St Margaret's, St Mary's, St Matthew's and Sacred Heart.

SARAH WRIGHT ACTIVE SCHOOLS COORDINATOR



Whilst studying and after gaining her BSc Hons Sport and Recreation Management degree from Edinburgh University in 2005, Sarah has gained experience in array of different fields, from sports coaching and development to event management, marketing, promotions and branding. Sarah was delighted to return to her passion of Youth Sports Development in 2010 when she took up her first Active Schools Coordinator role in East Lothian. Sarah has now been an Active Schools Coordinator for 4 years, joining the Midlothian Active Schools team in October 2013 and is looking forward to developing active opportunities for pupils in Midlothian.

2013 Highlights

St David's High School have shown commitment throughout the year to be involved in many of the Active Schools' initiatives and programmes, including Young Ambassadors and Champions in Schools. In addition the development of the School Sports Council has allowed senior pupils the opportunity to develop coaching and leadership skills while supporting the delivery of extra-curricular lunchtime sports clubs. Offering a range of lunchtime clubs has had a positive impact on extra-curricular participation levels as many pupils struggle to stay behind after school to attend clubs.

Active Schools – Adding Value

Active Schools are enthused about offering coach development and education opportunities to all coaches that supplement the Active Schools programmes. This year teachers and pupils have been given additional opportunities to develop their skills and knowledge in Extreme Golf, National Pool Life Guard Qualification, Swimming teaching and Positive Coaching Scotland, in addition to the vast training programme available in Midlothian. This is a really successful process which allows coaches to put their developed knowledge and practice to practise to benefit pupils within their school. One really positive example was making the National Pool Lifeguard Qualification accessible to senior pupils to support school swimming programmes. Through effective partnership working with the Royal Lifesaving Society and BAM Facility Management 8 pupils achieved their lifeguarding qualification and

have been able to support club sessions and events throughout the year.

Plans for 2014/15

Next year we would like to add to the extracurricular programme on offer to develop the range and number of opportunities available to pupils. With the success of the School Sports Council this year they will continue to be a real driving force to not only assist with delivery but also promote opportunities available to all. A more collaborative approach will also enable the Young Ambassadors to feedback to the School Sports Council on local and national programmes and developments. Continuing the excitement and legacy of Glasgow 2014 is imperative in promoting lifelong participation. This will be a key focus in ensuring that pupils are given opportunities at school and also pathways to develop their activities further to local club level and beyond.

42 St. Mary's fun fitness

43 Dalkeith H.S. winning team at the Giant Heptathlon Event in 2014



Dalkeith High

Dalkeith High School is the non denominational High School on the Dalkeith Schools Campus. Dalkeith High School has four main feeder primary schools: Danderhall, King's Park, Tynewater and Woodburn which is also situated on the Campus.

2013 Highlights

Dalkeith HS has continued to adopt a strong leadership culture within the school this year. This has been apparent in the number and variety of extra-curricular clubs on offer throughout the year. The schools strong commitment to Athletics development has proven successful this year with Dalkeith HS

winning both the Midlothian Active Schools Giant Heptathlon and Secondary Athletics championships.

Active Schools – Adding Value

Dalkeith HS have a strong transition sports programme which allows primary pupils to get a flavour of the sports on offer once they reach High School. Through a variety of transition clubs, P7 visits and cluster clubs based at the High School, a pathway to secondary sport has been created for pupils within the Dalkeith cluster. Moving over from primary to secondary school can be a major hurdle for children so this helps to promote the transition and encourage them

to engage with sport from school years to adulthood.

Plans for 2014/15

Dalkeith are keen to introduce a School Sports Council next year. The programme will help support the Young Ambassadors in the promotion of school sports and the development of an extracurricular sports programme that meets the needs and expectation of Dalkeith HS pupils. Dalkeith HS aims to maintain their success in the Active Schools inter school events Calendar to retain their current Secondary Athletics Championship status.



SCOTT MONTGOMERY
ACTIVE SCHOOLS
COORDINATOR
SALTERSGATE
SCHOOL



Scott who is also Active Schools Coordinator in the Lasswade cluster assumed responsibility for Saltersgate School at the beginning of the 2013/14 academic year.



Saltersgate School

Midlothian has one specialist education establishment in Saltersgate School which is one of four facilities on the Dalkeith Schools Campus. It caters for the needs of approximately 100 primary and secondary pupils from 5-18 years with a wide range of additional support needs. Some of these pupils also spend time in the mainstream environment.

Mainstream Schools

There are almost 150 pupils classified as disabled in mainstream primary and secondary education across the authority. These pupils will have a mixture of needs that can be catered for in a mainstream environment particularly those with only a physical disability. There are also units at four mainstream primaries which provide additional support with specialist staff.

2013 Highlights

Continued participation in Lothian Disability Calendar of Events such as football, swimming, athletics and boccia has given the pupils the chance to compete against young people from other authorities. A total of 16 pupils from Midlothian were selected to represent Lothian in the National Championships at swimming and athletics. The activity levels of pupils at both Saltersgate

and in the mainstream have remained at a level consistent with last academic year. The promotion of a new community football team for primary pupils with ASN was well attended.

Active Schools – Adding Value

The continuation of the Midlothian Disability Database has enabled the targeting of relevant and appropriate opportunities for mainstream pupils. This has proved particularly useful when promoting the ‘Paralympic Day’ which is targeted at mainstream pupils with a physical disability where they are introduced to suitable Lothian wide clubs.

Plans for 2014/15

Now that Scott has been responsible for ASN for a full school year he has learned a great deal about what is involved and where a difference can be made. His aim is to get some more local clubs to deliver at Saltersgate and he would like to include Saltersgate in the Young Ambassadors Scheme. He would also like to increase the number of pupils with ASN from mainstream schools attending the relevant regional events. As well as that, he hopes to pilot a disability event specific to Midlothian pupils only from both Saltersgate and the mainstream schools. After two failed attempts

and due to lack of uptake, he would also like a UK Disability Inclusion Training course to take place for school staff.

Amy McBeath won a gold medal in the 100m and a silver medal in the 60m at the Scottish Disability Sport National Championships in Grangemouth. The P4 pupil, who has Cerebral Palsy, attends Lasswade Primary School. Our ambition is, in the years to come, to increase participation from mainstream schools at these events.

ASMO Stats 2013/14 Saltersgate School	
Activity Sessions	267
Participant Sessions	5758
Volunteers	20
Qualified Volunteers	4
Qualified Senior Pupil Volunteers	0
School to Club Links	9

Dalkeith Feeder Primaries

Woodburn, King's Park, Danderhall and Tynewater primary schools form the Dalkeith cluster which feed into Dalkeith and St David's High Schools. In addition to the school's facilities, the ASG benefits from having local sporting amenities at Danderhall Leisure Centre and the Dalkeith Campus. Vogrie Country Park, King's Park and Dalkeith Country Park provide great opportunities for cycling, orienteering, running and walking and are ideal for keeping the whole family active.



EWAN KENNEDY
(MATERNITY COVER) AND
LYNNE BLACKLAWS
(ON MATERNITY LEAVE) ACTIVE
SCHOOLS
COORDINATOR



Ewan has been actively involved in sports delivery for over 12 years, delivering a range of sports from Swimming to Kayaking. Ewan has a degree in Sport and Exercise Science and graduated in the summer of 2007. Since then he has been involved in a range of sports development roles ranging from local multi sport club development to national programme development spanning across the UK. A keen Kayaker, Ewan has travelled around the UK taking on some of the best white water rivers the UK has to offer.

Lynne started her role as an Active Schools Coordinator in 2005 having previously worked as a PE teacher in Edinburgh and Falkirk. A keen runner of all distances, Lynne has completed a marathon, half marathon, 10km and 5km races.

2013 Highlights

The Dalkeith Cluster has seen some really fantastic sporting activities being made available to children, and schools have enjoyed continued support from the longer standing clubs such as Upbeat dance, Midlothian Judo Academy and Enjoy a Ball. The 2013/14 academic year has seen the introduction of some new clubs. Cricket and Highland Dance both made an appearance on the activity timetable and have been really well supported. The Midlothian Commonwealth Passport has been hugely instrumental in helping to build links between the school based activities and the community clubs in the local area. Children have been encouraged to go out and try new sports in the community and for each new sport they tried, they collected passport points. Clubgolf has also been delivered within each of the primary schools and as the Ryder Cup is coming to Scotland (Gleneagles) this year it's been an excellent opportunity to generate a real buzz about golf.

Bikeability has also been rolled out across the authority creating safer routes to school for local children. This was supported by Dr. Bike who carried out bike checks prior to the Bikeability launch so that each child's bike was safe to use.

Active Schools – Adding Value

For a lot of children, making the move from primary to secondary school can be a daunting prospect. Active Schools have been involved in trying to make that process much easier for them. During high school visits days, Active Schools provide a range of taster clubs during the lunch break, giving children the chance to integrate with children from other schools in a setting which is familiar to their primary experience. These taster clubs also provide pathways and links to the community sports clubs. An example of this is the Run Jump & Throw club that run at Dalkeith Campus on a Tuesday afternoon and has gone from strength to strength over the last year. This club is supported by Stacey Wilson from the Dalkeith High School P.E department who has been involved in developing both the programme and the coaches over the last year. Due to the success of this club, it was possible to reinvest in some great new equipment. We might even see a future star of Track and Field as a result of this club!

Plans for 2014/15

To build on the success of the Midlothian Commonwealth Passport scheme, the Active Schools Team are looking to roll out a similar programme to maintain the increase in participation levels from children who have really engaged with the passport scheme.

The final details are still to be agreed but these will be released for the start of the new academic year. The Dalkeith Cluster has a wealth of support from a full range of coaches who, because of their enthusiasm for their own specific sport, offer a robust programme for children. We hope, however, in the next twelve months, to build on that and offer some of the less mainstream sports which are often overlooked.

ASMO Stats 2013/14

Dalkeith Cluster	
(+Multi clubs) Activity Sessions	1070
(+Multi clubs) Participant Sessions	13708
Volunteers	59
Qualified Volunteers	38
Qualified Senior Pupil Volunteers	19
School to Club Links	14

44 Amy McBeath

45 Woodburn PS
pupils with their
Commonwealth
Passports

Newbattle Area Report

Newbattle Community High School

Newbattle High located in Easthouses just outside Dalkeith, serving the towns of Easthouses, Mayfield, Gorebridge, Newtongrange and the villages of north Middleton, Temple and Borthwick and their surrounding areas. A new school is being built with state of the art sport and leisure facilities and should be ready to accommodate Newbattle High's 900 pupils and staff in July 2017.

EWAN KENNEDY ACTIVE SCHOOLS COORDINATOR



2013 Highlights

The teaching staff and senior pupils at Newbattle deliver a superb after school activity programme and this year has been no exception. Each term pupils can choose from clubs in eight different sports and both boys and girls can get involved in a wide range of physical activities including dance or even gardening. There are also girls only clubs in cheerleading and rugby.

The school prides itself, quite rightly, in the breadth of their programme which encourages pupils of all abilities from participation level to inter school and regional competition.

This year the school has seen Rugby develop further through the commitment of Mr Wilson and Mr Allardice and its strong link with Lasswade RFC and as a result Girls Rugby is flourishing at Newbattle.

As part of the build up to the 2014 Commonwealth Games the Queens Baton made a scheduled stop at Newbattle high school on the 16th of June. Although it arrived more than an hour after the end of the school day the baton was welcomed by a host of

secondary school children and families that had come down to the high school campus to see the Commonwealth Baton. There was a full range of events on offer after school from Dance shows, bouncy castle, and even an Ice cream van. The highlight of the afternoon was of course the Baton.

Abby Mellon (S4), Darren Macraw (S5), Sarah Findlay, (S6) and head of their PE department Bob Foley all took part in the relay after achieving sporting success across the board. Abby, a top county swimmer, was selected when her teachers unanimously voted her to become the school's designated baton holder.

Footballer Darren has been selected for the Scottish Football Association's school of football and runs leadership courses for other local youngsters with Glasgow 2014.

Sarah, captain of the school's basketball team, was nominated by Midlothian Active Schools for her work with coaching basketball at Newbattle, all while using her life saving award working at Midlothian Council's swimming pools.

And the man, who inspires them all, Bob Foley, was recommended to carry the Baton by Hazel Williamson from the Youth Sports Trust and manager of the Lead 2014 programme for his incredible work at Newbattle High.

Active Schools – Adding Value

Newbattle is home to one of our Community Sport Hubs and the Active Schools coordinator works closely with the Hub Development Officer to support the development of new clubs to ensure that pupils who engage with the extracurricular sporting opportunities can continue to participate in the sport of their choice in a community setting. Newbattle has a wide range of facilities that are used by the local community sports clubs from the outdoor Astro turf pitches, dance studios to the swimming pool. The Newbattle Hub hosts many different sporting activities throughout the year for pupils and members of the local

community; badminton, basketball, football, netball, self defence, swimming, table tennis, tennis, and zumba are all on offer at Newbattle.

Plans for 2014/15

Newbattle High has been served by a number of different Active Schools Coordinators over the past three years due to maternity leave and although the staff and the temporary coordinators have worked well together and continued to deliver an amazing extracurricular programme of activities for pupils the situation has been far from ideal. Denise, the Hub DO is currently working with two parents who are keen to develop a Basketball Club at the Hub for primary school pupils and my aim is to support some senior pupils through their UKCC level 1 qualification in basketball and link them as assistants to this fledgling club.

Legacy will be the buzz word for the next academic year. Newbattle was actively involved in the delivery of the commonwealth baton and the school will build on the foundations laid by the fantastic spectacle of the Glasgow games. I will be actively engaging with the Newbattle PE department to encourage an increase in participation across all sports following the games. There are some really exciting projects on the horizon with our newly selected Young Ambassadors (Niamh Fellerger (S4) and Jack Houston (S4)) leading the way next for the academic year.

2014/15 will also see the launch of SportScotland's School Sports Awards. Newbattle High School has a fantastic sporting pedigree and it is anticipated that the school will deliver its objectives and become recognised as one of the leading schools for sport. It is hoped that the school sports awards will help recognise not only sporting success within the school but also those driving that success; the pupils, PE staff, Active Schools and community groups who all actively contribute to the schools success.



BOBBY MOONEY
ACTIVE SCHOOLS
COORDINATOR



Bobby graduated with an MSc in Sport & Exercise Science from the University of Glasgow in 1998. In his youth, he represented Scotland on the track and at cross country as well as winning medals at county and national level while competing for Greenock Glenpark Harriers. He is now a Level 2 Athletics Coach and coaches Run, Jump and Throw at Law & District AAC. He has also worked with the GB Squad at the World Cross Country Championships for athletics with a learning disability. Apart from coaching athletics, Bobby who joined the team in 2005, is qualified to coach basketball, football, tennis, badminton.

Newbattle Feeder Primaries

The Newbattle Cluster comprises Gorebridge, Lawfield, Mayfield, Moorfoot, Newtongrange, and Stobhill Primary Schools. There are also three feeder primary schools for St David’s High School in the area; St Luke’s, St David’s and St Andrew’s.

2013 Highlights

It was a busy year for the Newbattle cluster in terms of sporting events. In the run up to the Commonwealth Games, St Luke’s and Mayfield combined their efforts and put on a fabulous display in their Commonwealth Baton Opening Ceremony. Each of the primary school classes across both schools were allocated a country and they prepared national flag displays and banners from their allocated country. This was then followed up with a Commonwealth Sports week in which the two schools participated in a range of activities, such as cricket, rugby and others,



over a three day period. The Midlothian Commonwealth Passport was also launched in July 2013 and it was great to see so many children participating in a whole range of activities. The Active Schools team launched a Club 2014 on the run up to the Easter holidays which allowed children to collect points for the final few activities. The Club 2014 had sports such as Taekwondo, Lawn Bowls, Athletics, Badminton, and Basketball. It was well attended and it is something we are looking to rebrand and launch again in the 2014/15 academic year.

Active Schools – Adding value

Active Schools is all about opening up new and exciting opportunities for children so, to tie in with the forthcoming Ryder Cup at Gleneagles, one of the Scottish Government’s key focuses this year, Clubgolf was delivered in each school to the primary 5 children. Lawfield Primary School was one of the few schools in the area who benefited from funding from Clubgolf that allowed a club professional to come in and lead their sessions. Golf sessions were delivered over an eight week period to the children who really loved the experience. This was followed by an Active Schools Ryder Cup Festival, a brand new experience for the children that allowed each of the schools to put their new found skills to the test.

47 Inspiring young people at the Newbattle Ryder Cup Festival

48 MAC Bear with the Midlothian Mace

Plans for 2014/15

There has been a steady increase in activity levels across the Newbattle Cluster with some new clubs added and some of the more established clubs showing strong participation numbers. The plans are to build on the current programme and we hope to use the Commonwealth Games in Glasgow as a catalyst to bring in some new clubs heading into the 2014/15 academic year. With the success of the Club 2014, it is hoped that the framework can be reintroduced in some way to help sustain the participation levels across the cluster. This will tie in with the new Active Schools activity incentive which will be replacing the Commonwealth Passport Scheme.

ASMO Stats 2013/14	
Newbattle Cluster	
(+Multi clubs) Activity Sessions	840
(+Multi clubs) Participant Sessions	17395
Volunteers	26
Qualified Volunteers	11
Qualified Senior Pupil Volunteers	3
School to Club Links	7



At the beginning of May a commonwealth ceremonial mace, designed and carved by talented S2 pupils at Penicuik High, was officially handed over for the first leg of its journey around Midlothian.

The pupils passed the mace, which features symbols of the county such as mining and the Midlothian leaf, to pupils from Sacred Heart Primary School.

During the official Walk to School Week from Monday 12 May, the mace was carried and handed on to primary schools as part of the inter-schools walks.

The primary pupils then handed the mace over to residents of a local care home to feature in the annual Ageing Well Senior Games in July and it's final destination will be with our Active Schools team who will use the mace at various Commonwealth Games inspired events during the summer.

The money for the inter-generational events comes from the Celebrate fund. A total of £4,490 was granted to Midlothian by the four Scottish Lottery distributors, Big Lottery Fund, Creative Scotland, Heritage Lottery Fund and **sportscotland**.

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