

Active Schools Annual Review

2022 - 23 Reflection & Introduction

Our focus at the start of the year was to deliver our new free activity model and to continue to deliver our projects and programmes to ensure all Midlothian young people have the opportunity to live healthy & active lives.

The Active Schools Team have successfully delivered our programmes with an increase in engagement & participation, while our project work continues to develop and enhance our work;

- More children, more active, more often.
- Midlothian children & families leading healthier & active lives.
- Pathways in place for children & young people to develop & progress in sport & community settings.
- Supported opportunities for hard to reach groups.
- Identifying & removing barriers to participation.
- Helping to raise attainment through sport & physical activity.
- Providing opportunities for Midlothian young people to reach positive destinations.
- Celebrating physical activity & sport in schools, the community & though our volunteer network.



Extra-Curricular Provision

Our extra-curricular programme offers free physical activity & sports opportunities in schools and community settings to all primary and secondary Midlothian children. We ensure that there is a pathway in place for young people to participate further in our leisure centres and community settings.

Highlights:

382 free clubs in schools. (Increase from 21-22 data)

3384 young people from Midlothian primary & secondary schools participating (Increase from 21-22 data)

School Sport Award

The School Sport Award is a planning, benchmarking & evaluation tool which highlights good practice in schools and identifies areas for development. Active Schools work with schools to complete a self assessment covering PE in schools, extra curricular opportunities, celebrating success, commitment & participation, pupil engagement & voice and training opportunities. Schools are awarded bronze silver or gold and are provided with a clear direction on areas for development.

Highlights:

Lasswade HS & Lawfield PS - Gold Award. Dalkeith HS -qualified for Gold Award.

Cornbank PS, Kings Park PS, Lasswade PS, Newbattle HS, Newtongrange PS, Penicuik HS – Silver Award

Gorebridge PS, St Davids HS – Bronze Award

Our Local Clubs

We have worked with over 40 clubs in 50 different sports including: dance, football, basketball hockey, cricket, rugby, athletics, judo and have created new partnerships to allow us to offer a wider variety of opportunities. The clubs we work with deliver sessions, to our young people, provide opportunities to participate further, support our events and provide training opportunities.

Highlights:

Basketball Academy; we launched our Midlothian Active Schools basketball academy offering a structured approach with a pathway in place to develop, free places & training/coaching opportunities.

Hockey Club; Eskvale Hockey provide the perfect pathway supporting Active Schools with free sessions, pathway to community clubs in our centres and a pathway to play for the club.

Dalkeith Rugby Club; The brilliant Development Officer at Dalkeith Rugby Club offers free sessions in schools with a pathway to the club and cluster festivals.



Equality, Diversity & Inclusion

Equality, diversity and inclusion (EDI) is at the core of our programmes and underpins everything we do. Our current qualitative and quantitative data only provides a snapshot of our work – this year we will look at ways to tell the story behind the numbers, looking at the social impact and value of our programmes.

This is a change in mindset for the team, where previously there has been a real focus on numbers. While this is still an integral part of our work, we also need to recognise the success of projects that are time consuming with smaller numbers, but where the impact on the young people and families is huge.

Highlights:

Participation from pupils in SIMD 1&2 has increased.

CLLE programme; Working with children and their families to offer opportunities for families to be active together and remain active.

Disability; We have offered more opportunities for children & young people with additional needs through extra curricular opportunities, events and training for staff and volunteers.

Kit for all; Recycling and reusing sports kit to ensure sport is accessible to all and to reduce our carbon footprint.

People Development

Supporting & developing our workforce is key to the success of our Active Schools Programme with the team regularly upskilling in all areas of our work.

Our People Development working group focus on policies and procedures for our volunteers, recruiting, supporting & rewarding volunteers and developing & implementing a training programme to upskill our volunteers. Our volunteers are EG: teachers, school staff, parent/carers, club coaches, senior pupils in schools, leadership academy pupils.

Highlights:

The Active Schools Team presented our work on young people across the Active Schools network at national hot topics sessions.

We have delivered introduction to coaching children training to over 35 senior pupils in schools and have delivered event specific training to over 25 Edinburgh College pupils.

Reward & recognition; We have recognised and rewarded our brilliant volunteers through Spotlight Awards, attendance & recognition at Midlothian Volunteer Awards, Big Thank You Volunteer Event & Volunteer Week recognition for all volunteers.

Number of volunteers: Over 200 volunteers Number of volunteer hours: 2352



Events Programme

Our events programme offers young people & schools the opportunity to have fun in competitive and non competitive environments, representing their school or representing Midlothian. These events are well attended, supported & valued by schools.

Highlights

Over 2700 pupils participating in our events.

Event	No of schools	No of pupils
Basketball	16	170
Hockey	3	80
Boccia	5	40
Netball Secondary	2	50
Sportshall Athletics	22	400
Basketball	12	120
Hockey	10	100
Cross Country	16	316
Lothian Regional Disability Sport - Boccia		4
Scottish Disability Sport- Boccia		2
Clubgolf Lasswade	7	250
Clubgolf Penicuik	5	250
Athletics Primary	11 am 7 pm	275 175
Athletics Secondary	6	120
Sportshall Athletics Regional Final	2	60
Dalkeith Transition – Girls Football	3	50
Dalkeith Transition – Rugby	3	60
Penicuik Football Festival	4	80
Lasswade Football Festival	4	100

Profile

Our communication channels are key to getting our message to the right people, at the right time in the right way. Our Profile Working Group create & share relevant content for our social media channels. (Twitter, Facebook, Instagram & website)

We work with our colleagues across the Active Schools network to share good practice and we create & share content in line with national themes. We also worked with schools to identify the best methods to communicate with parents & have moved to using school groupcall, email groups and school apps to provide Active Schools information.

Highlights:

We share information and good news stories across our social media channels to share the great work we do with parent/carers, schools, young people and our partners.

Young People & Young People as Leaders

In Midlothian we recognise the importance of investing in our young people and provide opportunities to get involved in gaining leadership qualifications & experience in sport & physical activity, helping them reach positive destinations. We also aim to provide a platform for our young people to have a voice to shape sport in our Midlothian schools & community settings and drive change within our authority.

Highlights:

The Active Schools Team were invited to showcase our work on young people across the Active Schools network at national hot topics sessions.

ASLA: Active Schools Leadership Academy, upskilling Midlothian young people through a programme of training & providing supported coaching opportunities to help them reach positive destinations & invest in our local workforce. 12 pupils completed our Leadership Academy delivering 13 free activity clubs to younger children.

Fit for Girls project: Fit for Girls embodies empowerment of girls, through consultation, discussion & sharing ideas. Led by a committee of 10 girls and 2 AS Coordinators, the FFG project delivered workshops involving 80 girls across the authority. We were delighted to be asked to share our work during Women & Girls in Sport week with Maree Todd, Minister for Public Health, Women's Health & Sport.

Sports Leaders Courses in schools: we work with sports leadership programmes in schools to provide additional training to upskill young people. We deliver introduction to coaching children and coordinate opportunities for young people to gain experience delivering in area primaries.

Young Ambassadors: All of our secondary schools engage with the Young Ambassador programme to promote sport and motivate and inspire other young people to get involved in sport in their schools, clubs & local communities



Looking Forward 2023-24

Active Schools is an integral part of our new Sport & Leisure structure being the first introduction to sport and physical activity for children and young people in Midlothian. We support Midlothian young people on their journey to enjoy the experiences we provide and participate further, allowing them to become active, stay active & have lifelong participation in physical activity & sport, contributing to the sportscotland corporate strategy, Sport for Life vision of having *an active Scotland where everyone benefits from sport*.

We now have a full team in place. The Team consists of 6.3 FTE Coordinators with specific school & area allocation across our authority. The Team also sit on working groups to create and deliver development plans across our project areas and each have a sports development role to ensure the partnership and pathway exists for children to participate at a level suitable to them and provide support for volunteers and staff to upskill and develop.

Working with both internal & external partners, we will continue to provide high quality opportunities and we will contribute to our Single Midlothian Plan Vision *of individuals and communities being able to lead healthier, safer and greener lives by 2030*.

