

Active Schools Annual Review

2021-22 Reflection & Introduction

2021-22 has been a year of recovery, support, development & progression.

Our focus at the beginning of the year was to support our partners to provide a safe & successful return to sport. We worked with schools, clubs and internal & external agencies, providing support to allow us to continue to offer opportunities for young people to be active in school & community settings, working at a pace best suited to each partner. We have progressed throughout the year from offering a reduced programme of activities and events to returning to a fuller programme with the addition of some new & exciting projects in term 3.

While running a reduced programme, the Active Schools Team had time to reflect & evaluate on our priorities and how we deliver to achieve our outcomes. The team spent time planning & developing our move to a wholly free activity model to ensure a smooth transition for schools, families & clubs.

The team have embraced the challenges we have faced throughout the year and have welcomed new ways of working to build on and enhance our existing programmes & be in a position to deliver a successful programme in 2022-23.



ACTIVE SCHOOLS LEADERSHIP ACADEMY
THE NEXT GENERATION OF SPORT LEADERS

ACTIVE SCHOOLS LEADERSHIP ACADEMY DEVELOPED 12 YOUNG LEADERS FROM 4 MIDLOTHIAN HIGH SCHOOLS

LEADERS TOOK PART IN 11 TRAINING SESSIONS TO BUILD THEIR SKILLS AND CONFIDENCE

GAINED 9 QUALIFICATIONS IN A VARIETY OF SPORTS AND COURSES



Extra Curricular Provision

The AS Team were led by individual establishments & our deliverers on the pace for a return to sport in schools, with 29 out of 31 schools engaging with AS in some way by term 3.

Our extra curricular programme grew throughout the year with a robust programme of activities being offered in schools & community settings.

*see attached infographic

Highlights: 167 clubs in schools.
1406 boys & 1098 girls from Midlothian primary & secondary schools participating.

Free Activity

The AS Team have focused on a move to free activity, identifying best practice, running pilot projects & putting plans in place to move forward with this from August 2022.

The majority of schools are fully supportive of this new way of working and we are supporting those schools who are unsure of this model to develop plans for their schools.

Moving Forward: All Active Schools clubs in a school setting will be free to the participant. We will continue our work with schools, clubs & partners to ensure we have an effective model in place. Our popular cluster & community programme will continue with our colleagues in Sport & Leisure delivering this programme. This will ensure that we continue to offer an exciting and accessible programme for our Midlothian young people.

Our Local Clubs

We have worked with local clubs to support them in a safe return to sport, providing a pathway from school to community/club sport. We have worked with 19 clubs in a number of sports including: dance, football, basketball, hockey, cricket, rugby, athletics, judo.

Highlights: Bonnyrigg Rose & Active Schools Football Festival. This included recruitment of volunteers in schools to run training sessions in the lead up to the festival with the Club Development Officer supporting volunteers at a session in each school. 6 schools engaged with around 150+ pupils getting the chance to take part in free activity. A similar model will be rolled out in other clusters.

Moving Forward: We will continue to support our clubs and ensure that a pathway is in place from school to community/club sport. We also aim to increase the number of local clubs that we work with.



Equality, Diversity & Inclusion

Equality, diversity and inclusion (EDI) is at the core of our programmes and underpins everything we do. The Team have all attended EDI training and our EDI working group have created & developed an action plan identifying our hard to reach groups and looking at ways to remove barriers. We ran a number of targeted opportunities on a small scale with a view to building on these next year.

Highlights: Improved link with other departments within the council following working together on Get Into Summer funding. We worked with colleagues in the Communities Lifelong Learning & Employability (CLLE) team to trial programmes & projects targeting low income families. (Free activity clubs & free weekend activity.) Working with CLLE, we also identified ways to target low income and inactive families within activity our programme & identified ways to offer free opportunities.

Moving Forward: Our EDI working group will build on existing good practice and develop the areas that we would like to improve on, working with existing & new partners.

This will include developing our child healthy weight programme in conjunction with NHS partners and colleagues across the Active Schools network. We will also work with NHS colleagues, taking a targeted approach in identified areas to improve access & opportunities to sport & physical activity. This is the part of the Whole Systems Approach: Type 2 Diabetes Prevention pilot happening in Mayfield and Easthouses.

People Development

Supporting & developing our workforce is key to the success of our Active Schools Programme. This year our team have undertaken training in, Introduction to Coaching Children tutor training, first aid & SAMH mental health awareness training.

We also have a People Development working group, focusing on ensuring policies, procedures and opportunities to develop are in place.

Highlights: Partnership with Edinburgh College, supporting local students to gain coaching & event experience.

Identified resources & training to support current / new volunteers & developed policies & procedures to ensure a consistent & supported approach.

Moving Forward: Continue to increase our volunteers through promotion, providing clear objectives & providing support & opportunities for our volunteers to develop.

Continue to offer training & development opportunities for the AS Team to support personal development.



Events Programme

Our events programme is always a successful area of our work which the Active Schools Team were keen to continue with, working around restrictions & challenges. We offered virtual events & as the year progressed we moved to face to face events. We had brilliant uptake from schools & fantastic support from our clubs to provide the pathway from school to community/club sport.

Highlights

Event		No. of schools participating	Approx. number of pupils
Cross country	Virtual	12	1738
Sportshall	Virtual	7	212
Hockey	In person	9	110
Golf- Lasswade	In person	6	232
Basketball	In person	7	120
Primary athletics	In person	12	230
Secondary athletics	In person	6	150

Moving Forward: In 2022-23 we will continue to offer an exciting events programme to schools with 11 events being offered, supported by local clubs & Edinburgh College. In addition we aim to increase the number of cluster events we offer.

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.

We are aware that for some families social media and online methods are a barrier to engagement & participation, so we have ensured the Active Schools & Sport & Leisure Team provide support for families with alternative methods in place where required.

Highlights: Facebook – 825 followers
Twitter - 1763 followers
Instagram – 498 followers

Moving forward: Is our information accessible to all? Our EDI Working Group & Profile working group will look to identify other ways of sharing information to ensure inclusivity.

We aim to increase our followers in the coming year. While continuing to promote our programmes and share success stories, we will also work with our colleagues in Sport & Leisure to promote centre & community activities, strengthening our programme and promoting pathways.



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: ASLA: Successful launch of Active Schools Leadership Academy (ASLA), upskilling Midlothian young people through a programme of training & providing supported coaching opportunities to help them reach positive destinations & invest in our local workforce. 164 children participated in free activity delivered by our ASLA pupils.

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. This project has provided girls in Midlothian with a platform to share experiences, stories and have open, honest conversations about taking part in PE and sport. The leaders have helped to inspire their peers through their workshops and allowed their voice to be heard whilst creating a sense of community for girls within their schools.

Moving forward: We will continue to offer opportunities for our young people to enable them to have a voice, grow & develop and reach positive destinations, by providing leadership opportunities, training opportunities and experiences in consultation, promotion & delivery of sport.



Looking Forward 2022-23

2022-23 will see a more settled period for the Active Schools Team & we are looking forward to seeing the benefits of having a full complement of staff to deliver our outcomes. The Team will consist of 6.3 FTE Coordinators with specific school & area allocation across our authority.

We will continue to work with internal & external partners to provide accessible, innovative & exciting opportunities for our Midlothian young people.

We are currently undergoing a period of organisational change with our new Sport & Leisure Structure hopefully being in place by Dec 2022. The new structure creates opportunities for staff to develop & thrive and create a high quality Sport & Leisure Service that meets the needs of Midlothian residents & staff which Active Schools will be an integral part of.

The new structure will provide opportunities for us to work as a team across the entire Sport & Leisure Service taking a joined up approach to enable us to provide opportunities for our young people 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*.

Working with our external partners, internal partners in education and colleagues in health & social care, we will contribute to our Single Midlothian Plan Vision of *individuals and communities in Midlothian being able to lead healthier, safer, greener and successful lives by 2030*.

A recruitment flyer for 'JOIN THE TEAM VOLUNTEER WITH SCHOOLS' and 'COACH'. The flyer is divided into sections. The top left section has a blue background with white text: 'JOIN THE TEAM VOLUNTEER WITH SCHOOLS'. Below this, it says 'COACHING | TRAINING | MEETINGS'. The top right section has a blue background with white text: 'COACH'. Below this, it says 'Active Schools is a national programme working with schools across Scotland'. The bottom section has a red background with white text: 'Want to know more? Visit www.active.org.uk or call 0800 000 0000'. The bottom right section has a blue background with white text: 'activeschools@midlothian.gov.uk' and 'www.activemidlothian.org.uk/coaching-or-volunteering/'.

- Huge variety of sports and activities
- Volunteer regularly at a weekly club or occasionally at our one off events
- Before school, at lunchtimes, or after school
- Gain skills and experience
- Qualification opportunities available
- Have fun!

