



Midlothian Young Sport Ambassador Newsletter 2018

NEW 2018/19 YA's!

We are delighted to launch our newsletter to introduce the new Young Ambassador's for Sport in each of the secondary schools within Midlothian.

Young Ambassador's Role:

- Increase participation and healthy lifestyle in their school.
- Promote the positive values of sport in and through sport.
- Be a role model in advocating P.E. and school sport.
- Be the young people's voice on P.E. and sport within their schools and communities.

They will join the team of existing YA's and the School Sports Council to help raise the profile of sport within your school.

BEESLACK COMMUNITY HIGH SCHOOL



Collette and John (S3) are the new Young Sport Ambassadors for Beeslack Community High School and have been on the sports council for 1 year. Collette is involved in many sports including dance (winning many competitions in her field), netball, snowboarding, karate and basketball. John also has a background in a variety of sports; football, basketball and boules.

Together they aim to make more sports available for people who have not yet found a sport they enjoy. To do this a key aim this year is to put on taster sessions and invite local clubs and coaches into the school.



PENICUIK HIGH SCHOOL



Penicuik High School have elected Ross and Ruby (both S3) to represent the school as the new Young Sport Ambassadors. Outside of school they both take part in activities such as cycling, football and netball. Their goal as young ambassadors for sport within Penicuik HS is to promote sport and extra-curricular activity and make it inclusive to all pupils within the school. They plan to work closely with the Sports Council to offer more sports events & competitions and also use social media more to promote sport.



ST DAVIDS HIGH SCHOOL



St David's have selected four new Young Ambassadors to represent the school this year and provide a voice for sport within the school. Beth (S4), who takes part in swimming and dancing; Fraser (S4) who competes in a football team; Auryn (S4) participates in a variety of sports including boxing, Judo and taekwondo and Robyn (S4) who prefers team sports - basketball and netball.

Their aims include;

- More teams representing the school in sports
- Use more of the schools facilities and have more extra-curricular clubs
- Run more charity matches and competitive events



Young Ambassadors



- Help to organise more sport tournaments between schools.



NEWBATTLE HIGH SCHOOL



Newbattle Community Campus are happy to launch their new school with their new Young Ambassadors Beth (S6) and John (S5) Beth is a keen netball player and has played since primary 6. She has now progressed onto playing for the Fife squad and has been elected team captain. John enjoys team games and has played in a variety of team sports. He has now focused his efforts on basketball and is the captain of his team. Together they aim to recruit and promote a sports council within the new Campus and create a sports hall of fame.



related fundraiser to earn money so that we can buy t-shirts or hoodies to give the sports council more of an identity within the school and at events. This will also help raise the profile of the sports council and sport within the school.

They would also like to create a sports council Instagram page to promote sporting events and link in with the twitter page.

DALKEITH HIGH SCHOOL



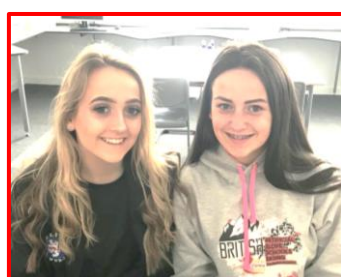
Dalkeith High School's new Young Ambassadors for sport are Bailey and Jamie. Bailey has a passion for football where he is team captain. Jamie enjoys being part of a team which comes from his hobbies of both rugby and football. Together they are keen to form a school sports council to represent the interests of pupils across all year groups and seek to offer more activities in the school. They also hope to make the school a better place for pupils to be fit and healthy and make them more aware of what sporting opportunities the school have on offer.



LASSWADE HIGH SCHOOL



Lasswade High School have two new young Ambassadors for sport; Kayleigh (S5) who does skiing and races at national level and Lauren (S5) does taekwondo and competes at international level and was also a finalist in the LSH Sports Personality of the Year 2018. The girls aim to re-promote and grow the school sport council to get more members coming along and give a stronger student voice for sport within Lasswade. They would like to introduce a sports



School Sport Award

This year your school could go for gold! The SportsScotland School Sport Award is a national initiative designed to encourage schools to continuously improve the quality and quantity of physical education and school sport opportunities, within and outwith the curriculum. They will also encourage strengthened sporting links between schools and communities around them.



Young Ambassadors



LASSWADE HIGH SCHOOL GET GOLD



Lasswade High School are proud to be the first secondary school to have achieved the SportsScotland Gold School Sport Award for the school's outstanding PE and school sport opportunities. The Lasswade PE team, School Sports Council and Active Schools have worked together to earn this award - CONGRATULATIONS to all involved!

Lasswade High School:

- Puts young people at the forefront of the decision making and planning of PE and sport.
- Helps increase young people's opportunities and engagement in PE and school sport.
 - Puts PE & school sport at the heart of our planning, practice and ethos.
 - Recognises and celebrates successful PE and school sport models.

The Gold School Sport Award is in recognition of LHS achievements in putting sport at the heart of the schools planning, practice & ethos!



ACTIVE GIRLS DAYS

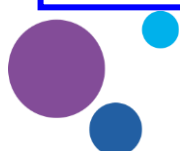
Midlothian Active Schools supported Scottish Women & Girls in Sport Week (30th September – 5th October), which is led by the Scottish Government's Women and Girls in Sport Advisory Board.

The aim of the week, which ends with Active Girls Day is to raise awareness of increasing opportunities in sport and physical activity among women and girls, and highlighting the solutions to overcoming the barriers to participation.

On Friday 5th October 2018, we celebrated Active Girls Day which highlights the amazing work going into girls' sport and the incredible role models making it happen.

Activities to celebrate this event took place across Scotland. Active Schools Midlothian hosted an all girls Netball tournament involving junior and senior teams from 5 secondary schools across Midlothian. This event also saw senior female pupils umpiring the matches and helping to run the event. A great success and display of teamwork, sportsmanship and leadership in girls sport.

You can help us raise the profile of girls' sport on social media - tweet us using [@sportscotland](#) [@Active_Mid](#) and [#ActiveGirls](#), [#ShecanShewill](#) - we will continue to share these across our channels.



Young Ambassadors



YA REGIONAL CONFERENCE

Every year all the YAs across Scotland are invited to a regional conference. This is an opportunity for them to meet and work with YAs from other schools from the wider Lothian region. The YAs can join in the practical workshops covering the different aspects of the YA role and gain ideas on what they can do in their school. They can also chat to past YAs who are part of the team who run the Conference. This year the conference will be held at Murrayfield Stadium.

HAVE YOUR SAY IN SPORT!

We want to know what you think about sport in school. Please put your suggestions below: Please give your suggestions to your schools Young Ambassadors or you can hand it into the PE department.

- What after school sports clubs would you like to see in school?
- If we have more house competition in school, what sports would you like to see?

STAY CONNECTED - FOLLOW YOUR SCHOOL ON TWITTER



Beeslack PE Dept: @BeeslackPE

Penicuik PE Dept: @Penicuik PE

Lasswade PE Dept: @Lasswadesports

St Davids HS: @StDavidsHS

Newbattle PE Dept: @NewbattleHighPE

Dalkeith PE Dept: @DalkeithPE

Active Schools: @Active_Mid

Clubs on offer:

Look out for the new extra curricular sports timetable OUT NOW!

Most clubs are FREE and all are welcome!

For more information please see the PE notice boards, speak to a member of the PE team/active schools or your new YA's!



SCHOOL SPORT COUNCIL

- Are you interested in sport and raising the profile of sport within your school?
- Would you like to help your school win a School Sport Award?
- Are you interested in planning and running sport events in your school?
- Would you like to have a voice for pupils and shape sport within your school?

We need enthusiastic pupils with an interest in making a positive difference in sport and physical activity to join your school sports council!

For more information speak to your Active Schools coordinator, PE team or your new YA's!

