

ANNUAL REPORT

August 2017-July 2018

sportscotland
activeschools
ORKNEY

sportscotland
the national agency for sport



Contents

Introduction	1
Curriculum for Excellence	1
Active Schools Staff	2
Manager report	2
Active Schools Aims	3
Priorities	3
Participation	3
Partnership working and promotional links	3
Coach Education and Volunteer Training CPD	4
Annual sports awards	4/5
Lunchtime and After School Clubs	6-9
Holiday programmes	9-11
School Sports Competition	11/12
School Sports Awards	13
Clubgolf	13/14
Football programmes	15
Lidl Skills Centre	15
Tesco Bank	15
Transition Sport	16
North Isles Sports	17-18
Leadership	19
Young Leaders	19
Sports Leaders UK	19
Young Ambassadors	20
Festivals	21
Kirkwall Bowling	21
Peedie Isles Schools Rugby	21
West Cluster Netball, Hockey and Badminton	22
Westray Football	22
World Badminton Championships	23
Sport Relief 2018	23/24
Volunteer of the Month	25
Continuing Professional Development	26

Contact details

Active Schools, Education, Leisure and Housing,
Orkney Islands Council, School Place, Kirkwall, KW15 1NY

Telephone: 01856873535 Extension 2441/2442

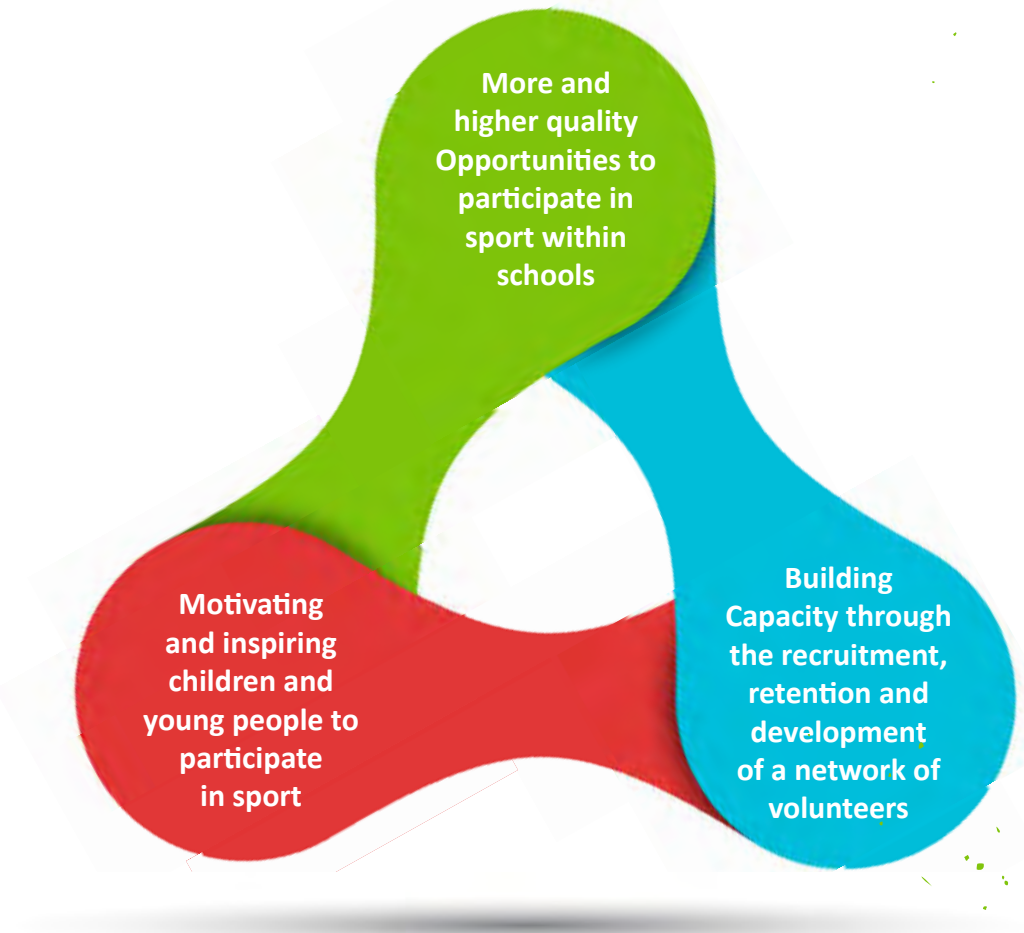
Email: active-schools@orkney.gov.uk

Website: www.orkney.gov.uk



Introduction

Active Schools is a national network of staff working across Scotland to provide more, and higher quality opportunities for children and young people to participate in sport before, during and after school. Active Schools is a partnership programme between Local Authorities/Scottish Government and **sportscotland**.



Curriculum for Excellence

With health and wellbeing at the heart of Curriculum for Excellence (CfE) and cited as the responsibility of all, it is now more important than ever for teachers and partner agencies to be looking at how they can work in partnership to teach this curriculum area effectively.

The Active Schools Network was established in 2004 and is now present in every local authority with a vision of getting 'more children, more active, more often'. It is well placed to support schools in their delivery of health and wellbeing - in particular, the physical education, physical activity and sport organiser - by supporting cross-curricular work, increasing interdisciplinary learning, extra-curricular opportunities and encouraging outdoor learning.

Active Schools Co-ordinators across the country are currently supporting schools in all of these areas - and lots more besides - in order to provide pupils with the motivation and opportunities to adopt active, healthy lifestyles, now and into adulthood.

A key part of the Active Schools programme involves recruiting volunteers to assist with extra-curricular sports activities in order to make these sustainable. These volunteers can be parents, community coaches, secondary school pupils and college/university students, but the majority tend to be teaching staff. (www.teachingscotland.org.uk)



Active Schools Staff

Orkney Active Schools consists of a Manager, 2 full time and 2 part-time Co-ordinators. Each Co-ordinator is allocated a cluster of schools which they work in partnership with to increase physical activity amongst the pupils. Listed below are the clusters for each Co-ordinator:

Sport and Leisure Service Manager

Garry Burton

Stromness Academy, Stromness Primary School, Dounby Primary School, Stenness Primary School, Firth Primary School, Evie Primary School

Michael Swanney

Hope Primary School, Burray Primary School, St Andrews Primary School, Sanday Junior High School, Stronsay Junior High School, Westray Junior High School

Catherine Johnson

Kirkwall Grammar School, Papdale Primary School, Glaitness Primary School

Carolynn Leslie

Orphir Primary School, North Walls Community School, Eday Primary School, Papa Westray Primary School, Shapinsay Primary School, Rousay Primary School

Kirsty Spence

Manager's Report

On behalf of everyone involved with Orkney's Active Schools team, it is my pleasure to take this opportunity to introduce the Active Schools 2017/18 Annual Report, which provides an overview of the work of Orkney's Active Schools team during 2017/18.

This report recognises the achievements and successes of all the participants, parents, leaders, coaches and volunteers who continue to achieve and contribute to the development of the Active Schools programme in Orkney.

The Active Schools programme continues to provide an initial entry point for those wishing to access grassroots sport and physical activity and my thanks go to Orkney Islands Council and the Pickaquoy Centre Trust for continuing to provide such important support.

Recognition must also be paid to **sportscotland** not only for their financial investment without which the continued operation of Active Schools in Orkney would be extremely challenging, but also for the support and guidance provided by their key staff.

I look forward with a large amount of positivity and enthusiasm to see what the Active Schools team and its partners achieve in 2018/19.

Yours Sincerely

Garry Burton
Sport and Leisure
Service Manager
Orkney Islands Council

Active Schools Aims

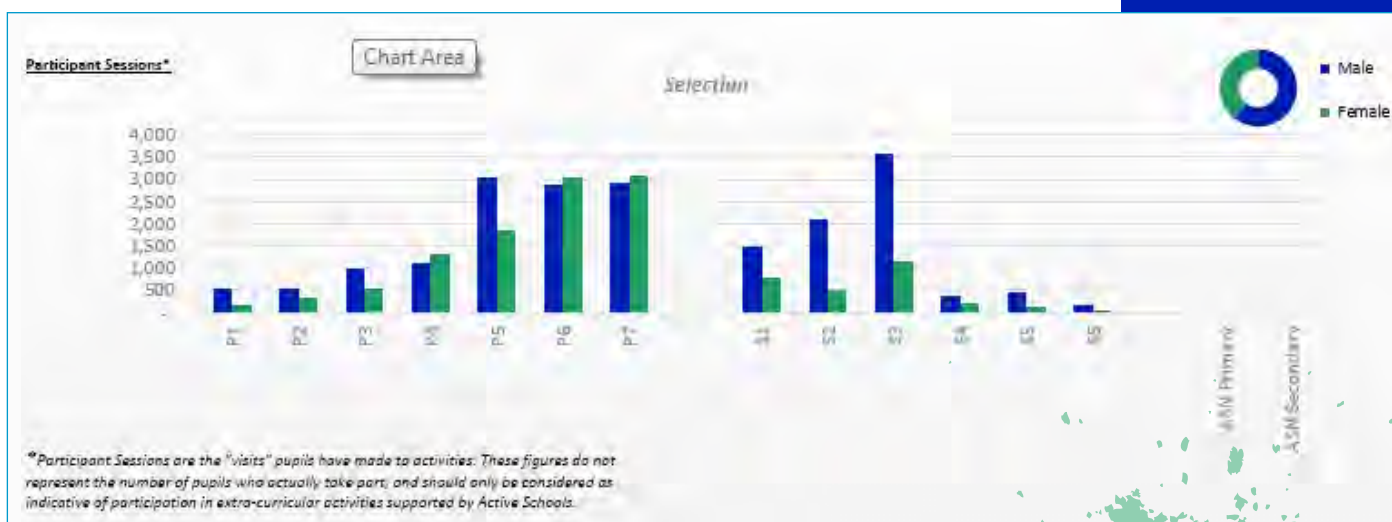
National Priorities

-  Recruit, retain and develop a network of volunteers, coaches, leaders and teachers, who in turn deliver opportunities in school and community sport
-  Increase the number of young people engaging in volunteering as sport leaders and coaches in both school and community settings
-  Increase the quality and range of activities offered before, during lunch and after school
-  Increase participation amongst under-represented groups including girls, less active young people and young people with a disability
-  Develop effective pathways between school and sport clubs to support the transition from school to community sport
-  Motivate and inspire school aged children to participate in sport
-  Work in partnership with education and sports development staff to develop an integrated approach across physical education, school sport and sport in the wider community
-  Support the development and delivery of sportscotland led initiatives including Positive Coaching Scotland

Participation

Active Schools Monitoring Online (ASMO) is a robust monitoring system which; gathers, analyses and presents data which looks at participation within extra-curricular activities

The table below shows the number of participant activity session in 2017 - 2018, broken down by male/female and school year group.



Partnership Working and Promotional Links

Active Schools continues to support and work in partnership with National Governing Bodies, Regional Development Managers, schools, P.E. teachers, local communities, The Pickaquooy Centre, NHS Orkney and sports groups to support variety of programmes including the annual Primary Athletics Championships and North Isles Sports day.

Coach Education and Training for Volunteers

Active Schools Co-ordinators also deliver and organise a range of training opportunities for volunteers, coaches, Sports Leaders and school staff. A number of workshops and courses are run in partnership with other organisations.

Course	Level	Numbers attending
Bikeability	Cycle Trainer Assistant	8
Badminton	Badminton Basics	14
Safeguarding and Protecting Children	Step 1	15
Equipment Library Training	TOPS Training	7

The Orcadian

Annual Orkney Sports Awards

Active Schools organised and co-ordinated the Orkney Sports Awards in partnership with **sportscotland** and the Orcadian. This year saw another successful event take place at Kirkwall Grammar School in front of a full house. The duo of Robbie Fraser and Liam Macarthur opened and closed the evening and kept the audience informed about the nominees and winners for each award. The guest speakers this year were: Steven Ferguson from Ross County, who gave us an insight to their Development Academy and the new Scottish Football Association's Project Brave, and Chris Hildray from Highland Institute of Sport who spoke about their input into supporting local athletes on island.

All the nine Sports Awards categories were well represented by a high standard of nominations which needed much deliberation to decide on the winners. There was also a Service to Sport award presented to long standing volunteers and coaches; Jim & Pat Maxwell, who have been involved with Orkney athletics and Cross Country for 40 + years. A well-deserved award which was reinforced by the length of standing ovation that was received. A new award was presented this year which saw the decision being made by a public vote. 'Performance of the Year' was a new award introduced this year to allow 'one' of performances to be recognised and rewarded. There was an excellent response to this award from the public with the winner being; Anna Tait, who won Gold at the NatWest Island Games.

The Orkadian
www.orkadian.co.uk



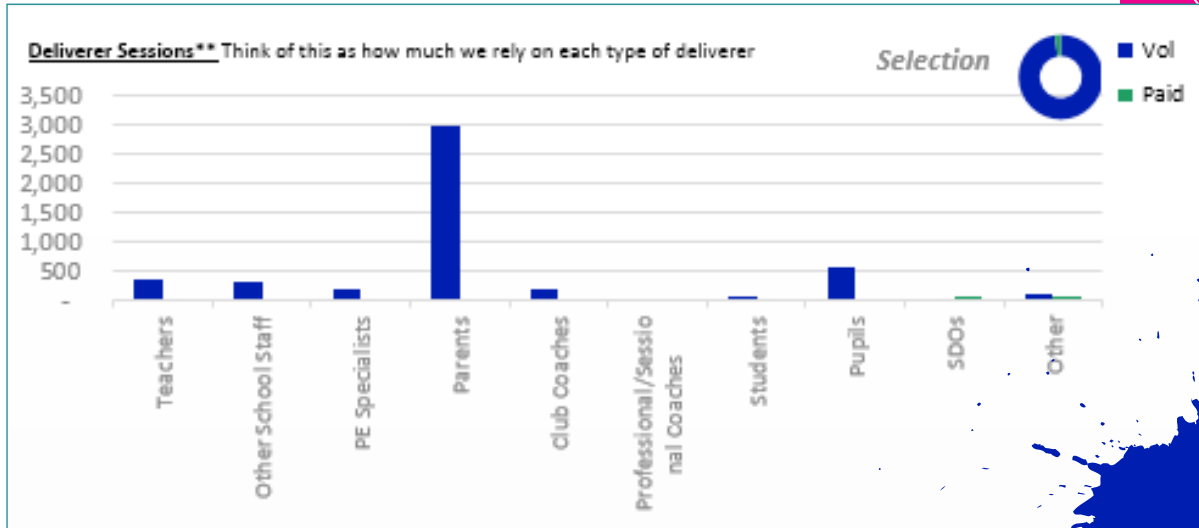
Photos Orkney Media Group



sportsScotland
the national agency for sport

LUNCHTIME AND AFTERSCHOOL CLUBS

Active Schools Co-ordinators support a range of extra-curricular activities by; co-ordinating the running of the sessions, sharing good practice, supporting and organising training for volunteers. Without the support of volunteers after school clubs would not be able to run. The largest percentage of volunteers are parents who are integral to the running of these clubs. The table below gives a breakdown of the volunteers who contribute to running after school activities.



Burray Netball and Football Clubs

With a substantial increase in the pupil role in Burray Primary School there has been 2 new clubs set up with new parent volunteers running this afterschool. Both Netball and Football are extremely popular in Orkney schools with the Primary Leagues attracting entries from numerous schools. Recently participating Burray pupils have integrated with the Hope Primary School clubs but with these new clubs the school will be able to enter independent teams in the future. Twenty-seven pupils signed up for these clubs.



Eday pupils enjoying their bike club

Eday Bike Club

A new bike club run by two parent volunteers and one community volunteer has been taking place after school for the pupils over the past school year. The volunteers have been focusing on learning level one bikeability skills such as; bike checks, mounting and dismounting, braking, cornering, slow speed, as well as balance and control.

Orphir Lunch Club



Young leaders explaining a warm up game

Three primary seven young leaders planned and organised a six-week block of fun games for primary one to three pupils with support from active schools. The leaders all took turns leading the lunchtime session and all grew in confidence with their leadership skills. They delivered a warm up game, main game and a cool down game over twenty-five minutes.

“Can we do this again tomorrow?”, P1 participant

Kirkwall Cluster

Pupils from the Kirkwall Cluster have shown a keen interest in sport over the academic year, encouraging new volunteers and participants to get involved with sport and physical activity, in turn creating new sessions. Detailed below are a few of the new activities that have been available to pupils from Kirkwall Grammar School, Papdale and Glaitness Primary Schools.

Netball Nippers

Papdale Primary School started a new ‘Netball Nippers’ club for Primary 3 pupils lead by parent coach, Laura Leonard. The club attracted 16 participants who learnt ‘FUN’damental skills associated with netball including, throwing, catching, footwork and shooting.



Parents were invited to the final sessions to show how much participants have developed. We hope to see the Netball Nippers in next year’s Primary 4 Netball League!



Squash

Active Schools are delighted to work with clubs to increase School to Club links. A successful partnership was formed in the Kirkwall Cluster as coaches from Kirkwall Squash and Racketball Club offered coaching sessions to introduce girls to the sport. Participants from Papdale and Glaitness Primary School enjoyed the taster sessions and are now interested in joining the community club.



Budding Sports Leaders from Kirkwall Grammar School also assisted in delivery along with 3 club coaches.

Athletics



Over 70 pupils from Papdale Primary School attended Athletics training on the run up to the Orkney Primary Schools' Athletics Competition.

Participants got to try, sprinting and middle-distance running, cricket ball throw, shot putt, long jump and high jump.

Three coaches from Orkney Athletics Club lead the sessions with assistance from parent helpers.

Active Schools are delighted to see so many participants attend both the athletics sessions and competition subsequently, portraying and interest in joining Orkney Athletics Club.

Roller Derby

Orkney ViQueens skated their way to success at Kirkwall Grammar School, introducing a new sport to pupils and increasing interest in a Junior Roller Derby Club.

Two club coaches have showed off their skills by teaching pupils the basics of skating. Orkney ViQueens were impressed by the fast development of junior participants therefore, quickly introduced complex skills and tricks.



After the club's success at Kirkwall Grammar School, Orkney ViQueens aim to introduce a match between Orkney's two secondary schools in the future and develop a Junior Orkney ViQueens community club.

HOLIDAY PROGRAMME

October

After writing a successful bid to the 'Cashback' funding stream, Active Schools were able to bring Northern Focus Parkour and Access Parkour to Orkney to offer free open sessions for children aged 8 to 16 years to have the opportunity to try parkour.

Two Coaches travelled to Orkney and toured the sessions to various facilities over numerous days on the mainland.



Participants who took part in a session at Kirkwall Grammar School

Kirkwall Grammar School and Stromness Academy PE Staff also had the opportunity to an in-service teacher training afternoon, learning basics skills, progressing on to rail pre's and finished with a running a route.



Open Jam session at Pickaquoey Centre

To end the week of various sessions 'Northern Focus Parkour' held an Open Jam session at the Pickaquoey Centre.

Summer

Active Schools worked in partnership with the Stromness Shopping Week Committee to deliver two sports sessions for the 70th Anniversary. Sessions were free with registration required on the day.

The first was held on the Monday afternoon open to all primary 1-7 age groups who came along and took part in traditional sports day races.



Participants during summer activities at Shopping Week

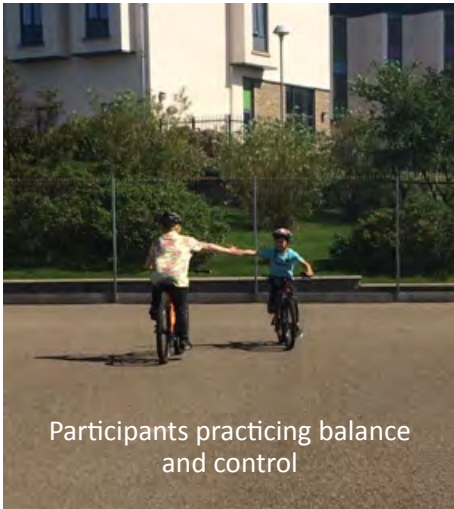


The second was held on the Thursday afternoon and was split in to age groups. A primary 1-3 group and a primary 4-7 group. Each group took part in an hour session of 4 fun stations and worked in teams to try and accumulate the most points from each station.

90 plus children attended over the two afternoons with a nice mix of local and tourist children taking part.



Community Learning and Development hosted a 'Year of the Young People 2018 Family Fun Roadshow'. The roadshow was funded by Orkney Children's and Young People's Partnership and Orkney Association of Youth Groups. The roadshow travelled to the island communities of Westray, Stronsay, Sanday and Hoy during the last week of July. Active Schools worked in partnership to deliver fun Viking theme games to all four communities.



Participants practicing balance and control

Level 1

Bikeability is today's cycle training programme. At Level 1 riders learn to control and master their bikes in a space away from traffic such as a playground or closed car park. Active Schools offered two days of training to pupils going into P6. Eight children attended and learned valuable skills which will help and enable them to ride and control their bikes confidently before starting their Level 2 during the new academic school year. Sessions covered various themes such as; bike checks, mounting and dismounting, braking, cornering, slow speed, as well as balance and control.

All participants that took part worked hard at learning the skills over the two days. Well done everyone on achieving your Bikeability Level 1" Kirsty Spence, Active Schools Co-ordinator.

School Sport Competition

Active Schools received funding from **sportscotland** to develop this School Sport Competition initiative for a third year. The aim of the programme is to work towards building a sustainable infrastructure of school sports competition within Orkney's local secondary schools and beyond. This works in line with **sportscotland**'s corporate plan to build a world class sporting system.

Active Schools are working with local partners to bring inter-school sports competition to Orkney. The Active Schools team are working on a 4-year plan to bring the 5 secondary and junior high schools together on a regular basis to compete in various sports. During year 3, the secondary schools in Orkney have taken part in the following:

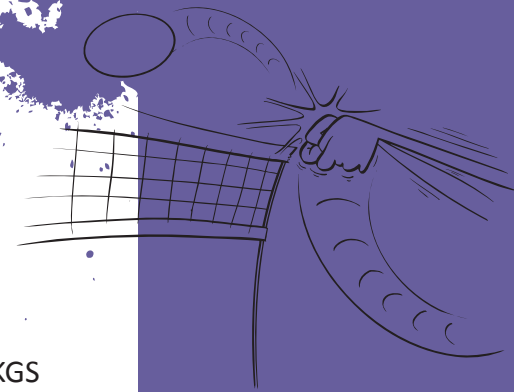
Sport Competitions	Schools	Term	Age Group Secondary (S)
Rugby	Kirkwall Grammar School and Stromness Academy	1	S1
Higher Basketball	Kirkwall Grammar School and Stromness Academy	1	S5-6
Higher Volleyball	Kirkwall Grammar School and Stromness Academy	2	S5-6
Badminton	Kirkwall Grammar School and Stromness Academy	1	S1-3



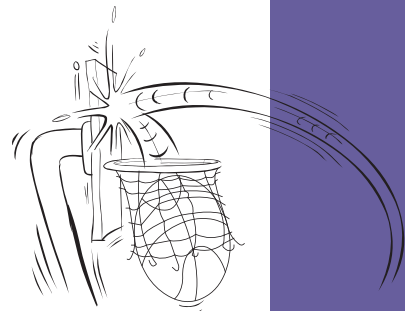
S1 rugby participants from Kirkwall Grammar School and Stromness Academy



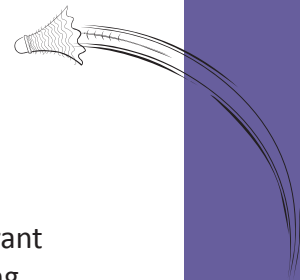
KGS volleyball team



Basketball game at KGS



Jane Grant coaching badminton



Raising the bar:
Corporate Plan
2015-2019
(sportscotland)

School Sports Award

The **sportscotland** School Sport Award is a national, Lottery funded initiative designed to encourage schools to continuously improve physical education (PE) and school sport opportunities.

The **sportscotland** School Sport Award:

- Encourages schools to self-reflect and continuously improve
- Puts young people at the forefront of the decision making and planning of PE and sport in their school
- Helps schools to increase young people’s opportunities and engagement in PE and school sport
- Helps schools to put PE and school sport at the heart of their planning, practice and ethos
- Recognises and celebrates successful PE and school sport models

The award has three levels: Bronze, Silver and Gold, that it accolades depending on the outcome of the final assessment. Orkney has several schools that have gone through the assessment this year and now have a development plan in place and are committed to either improving or sustaining the level they have achieved. Listed here are the schools that have achieved an award during 2017/18



School	Level of Award
North Walls Primary School	Bronze
Orphir Primary School	Bronze
Stenness Primary School	Bronze
Stronsay Junior High School (Primary)	Bronze
Westray Junior High School (Primary)	Bronze
Kirkwall Grammar School	Silver
Sanday Junior High School (Primary)	Silver
Stromness Primary School	Silver
Shapinsay Primary School	Going for Gold
Stromness Academy	Going for Gold



Scottish Golf associations’ ‘Clubgolf’ initiative aims is to create an opportunity for children in Scotland to have the opportunity of an introduction to the game of golf by the age of nine. This opportunity is provided through a programme called ‘firstclubgolf’. This programme uses colourful plastic clubs, balls and velcro targets which can be used indoors or outdoors in any school.

Stromness Golf Club in partnership with Active Schools delivered 2 open family taster sessions in March prior to hosting their club open days in April and May. A total of 27 children attended over the 2 weeks, with coaches and volunteers teaching them how to putt, chip and do the full launch.



Volunteers with the families who took part in first taster session





Volunteer giving coaching points to a Stromness Primary pupil

Active School supported by Stromness Golf Club volunteers delivered taster sessions to 6 primary schools, Stromness, Stenness, Dounby, Firth, Evie and Orphir giving over 100 pupils the opportunity to try golf in April. The aim of the sessions was to encourage pupils to try out golf at their local Golf Club by either attending Open Days or organised taster sessions.

After the taster sessions, schools were invited along and offered to take part in a coaching session with Mel Douglas from Inverness Golf Club at the Stromness Golf Club.



Orphir Primary School practising putting.

“Stromness Golf Club Junior Section are proud to have strong links with Active Schools; the impact is a big plus for us and knowing if we keep up the working relationship with Active Schools we will always have a strong junior section at our Golf Club.

We are committed to supporting Michael Swanney and Kirsty Spence from Active Schools, giving pupils in the West Mainland area an introduction to golf. These arranged Active School Snag Golf sessions have been a main stay for around 7 years or more now and are linked with our second Open Day at Stromness Golf Club and have proven to be a great way to get new juniors along to the club to have a go at real golf. We now have around 30 juniors taking part at different stages at Stromness Golf Club.

A little later in the year we have an event which we call Active School Friday Coaching with Mel Douglas’s PGA Golf Pro from Inverness Golf Club, usually the second Friday in May each year, this is where we have around 50 to 60 kids being coached by Mel and our own Level 1 coaches from 09.30am to 4.00pm on the day and this is supported by Active Schools”. *Douglas Slater, Stromness Golf Club.*



FOOTBALL PROGRAMMES

Girls Football

Girls in Kirkwall have been lucky to receive Football coaching due to a newly funded project between Lidl and the Scottish Football Association.

Lidl Skills Centre aims to create opportunities for pupils to participate in 'fun' football; encouraging participation for girls of all abilities.

Over 40 girls from Papdale and Glaitness Primary School came together to enjoy an eight-week block of coaching. Participants learnt new skills and techniques through fun games, in a safe and friendly environment.

Coaches and volunteers from Orkney Youth Development Group lead the sessions, with help from Secondary pupils from Kirkwall Grammar School.

Participants and coaches were also delighted to receive a visit from Jo Murphy, Scottish Football Association's Girls & Women's Club Development Officer, during their training sessions.



TESCO Bank Football Challenge

The Tesco Bank Football Challenge works in partnership with the Scottish Football Association to deliver coaching and training sessions for Primary 3 pupils. The programme gives pupils the opportunity to learn basic football skills in a fun and safe environment.

Mainland schools in Orkney, received sessions, delivered by Active Schools Coordinators and local coach Joanne Bamford.

A grand total of 245 Primary 3 pupils participated in the programme and were then invited to take part in either the East, West or Kirkwall Festival.

Both West and Kirkwall Festivals were primarily lead by Secondary pupils; who were undertaking Sports Leader UK qualifications or applying to become the next sportscotland Young Ambassadors.



East Cluster

Kirkwall Grammar School hosted the annual East Cluster Transition Sports Festival on Friday 1 June; for over 170 pupils transitioning from P7 to S1.

Pupils enjoyed a day of sporting activities which included, Hockey, Rugby, Football, Badminton, Athletics and Dodgeball.

The day was made possible thanks to our partners from Kirkwall Grammar School PE Department, Orkney Athletics Club, Orkney Badminton Association, Orkney Rugby Club, Kirkwall Community Sports Hub and Kirkwall Grammar School's **sportscotland** Young Ambassadors.

All pupils who attended the East Cluster Transition Sport event were gifted with an Active Schools sports bag.

We hope all the Primary 7 pupils had a great day and enjoy their new venture at Kirkwall Grammar School.



West cluster

This year Stromness Academy combined their two curriculum transition days into three incorporating the Annual Active Schools' Transition Festival for P7's transitioning to S1. On Thursday 14 June, Active Schools worked together with the Stromness Academy PE Department, Orkney Rugby Club, Orkney Badminton Association, Young Ambassadors and Sports Leaders to deliver Rugby, Dance, Badminton, Team Building and Ultimate Dodgeball sessions. The day was made extra special with the visit of the "Calcutta Cup". Many of the children were able to see and handle this prestigious trophy.

East Cluster Pupils playing dodgeball and hockey

West Cluster Pupils with the Calcutta Cup



Rugby activities

NORTH ISLES SPORTS

This year's North Isles Sports was held on Stronsay and the local community played host to the other island's at the annual sports competition. Active Schools continues to support the organisation of this event and co-ordinates various aspects of it.

Organising and providing officials as well as overseeing of the event helps keep this fiercely fought competition between the residents of the outer North Isles thriving.

Senior and junior teams competed in athletics, football, netball and tug of war (seniors only) with Westray overall winners of the school competition and senior cup and Stronsay taking the honours in the coveted 'Tug of War'

"My Favourite Day of the year", Caroline Kent, Westray





North Isles Sports

© Roderick Thorne



Young Leader's Award

The Young Leaders Award gives upper primary school pupils the opportunity to gain confidence and skills which will help enable them to organise and run activities in their school. These may include playground games sessions and mini festivals. Active schools' co-ordinators work in partnership with primary teachers to deliver this programme and support the pupils in developing new skills.

Schools and Young Leader Participants during 2017-18

Schools	Number of pupils
Hope Primary School	22
Sanday Junior High School	5
Stromness Primary School	23
Dounby Primary School	20



Stromness Primary young leaders playing 'Hot Chocolate' with younger pupils



Kirkwall Grammar School: SCQF Sports Leaders UK Level 4 + I Can Lead

Thirty-five pupils, from S3 at Kirkwall Grammar School, have recently completed their SCQF Level 4 Award in Community Sports Leadership or 'I Can Lead' qualification. The SCQF Level 4 Award in Sports Leadership provides the ideal starting point for learner's age 12 years and over who wish to develop their leadership skills.

Pupils undertook the nationally recognised qualifications, which consist of both practical and theoretical based work.

Sports Leaders also completed a work-based placement with local community clubs including Orkney Badminton Club, Orkney Athletics Club, Orkney Rugby Club and various Football Clubs. Pupils also volunteered at the Tesco Bank Football and 'Peedie Isles' Rugby Festival's.



'I Can Lead' pupils with their certificates

Stromness Academy: SCQF Sports Leaders UK Level 5

A total of seven S5 and S6 pupils successfully completed their SCQF Sports Leaders UK - Level 5. The SCQF Level 5 Award in Community Sports Leadership provides a nationally recognised qualification that enables successful candidates to lead sport and activities under indirect supervision. Candidates work through a set of learning outcomes which supports the development of their skills through the medium of sport skills gained during the award includes: organisation, planning, teamwork and communication. This course was delivered by the P.E department's Mr Berry and supported by Active Schools as part of their 'Wider Achievement options' within the school.



UK Level 5 pupils with their certificates

Young Ambassadors

The **sportscotland** Young Ambassador Programme is for young people between the ages of 14 and 17 years old. Their role is to promote sport, motivate and inspire other young people to get involved in sport in school, local sports clubs and the community.

Nine pupils from Secondary schools across Orkney were selected to join approximately 50 young people from across the Highlands and Islands at **sportscotland's** annual Young Ambassador Conference in Inverness during September 2017. The pupils attended workshops and learned about their role as a Young Ambassador, along with having an opportunity to learn about the life experiences of Scottish International athletes; Gemma Fay and Colin Gregor. The athletes explained to the ambassadors the importance of sport in their lives and the lessons that had shaped them through their involvement in their chosen sport. The trip was co-ordinated by the Active Schools Team who then worked alongside the schools to support and mentor the Young Ambassadors in their role.



"It was really good to be picked and to get the chance to meet people from other schools. I certainly want to get back to our school and to continue to promote sport and activity for all."

Coddy Chalmers, Stromness Academy pupil.

Pupils pictured with Gemma Fay and Colin Gregor

FESTIVALS

Bowling

Active Schools worked in partnership with members of the Kirkwall Bowling Club to co-ordinate and deliver taster sessions to pupils at various schools in Kirkwall and the surrounding area during April and May. Each school received two taster sessions and then subsequently were invited along to the bowling club for a festival at the bowling green in Kirkwall. The taster sessions were held in the school halls using new aged bowls equipment which enables participants to get a feel for the game. The pupils had the opportunity to use proper child sized bowls on grass during the festival which saw very competitive games take place during the day. A total of 141 pupils took part in the festivals which were split over two days to accommodate the large numbers.



Participant taking part in Kirkwall Bowling Club Festival



Pupils from St Andrews, Glaitness and Orphir

This programme is in its 4th year and it goes from strength to strength. This year Orphir Primary School also had the opportunity to receive taster sessions and participate in the festivals at the club. The club then run family sessions during the summer to allow any children interested the opportunity to come along and play.

“Just to say thank you from the class and myself for an enjoyable day yesterday at the bowling festival and for coming out to school for the coaching sessions.”

Mrs Friel Orphir
Primary Teacher

Peedie Islands Schools Rugby Festival

OIC's Active Schools team in partnership with Orkney Rugby Football Club hosted a rugby festival for islands schools on Friday 20 April at the 3G pitch at the Picky.



It's one of several opportunities organised each year by Active Schools to give pupils from some of Orkney's smallest schools the chance to experience team sports.

The Orkney Rugby Football Club provided volunteers to run a series of 'stations' and games throughout the day, for pupils who had travelled in from Eday, Rousay, Shapinsay and North Walls primary schools. Kirkwall Grammar School pupils also volunteered for hours needed for Sports Leaders UK and I Can Lead courses currently being delivered in school.

Active Schools Co-ordinator, Kirsty Spence, said: "Some of our smaller schools have only a handful of pupils in total – that's a real challenge when it comes to them being able to experience team sports with others their age.

We'd like to thank all the volunteers from the Orkney Rugby Football Club and the Kirkwall Grammar School pupils who came along to run the activities and helped make it possible for pupils on the islands to get together and enjoy a game of rugby".



Participants enjoying a game of tag rugby

West Cluster Netball, Hockey and Badminton Festivals

Stromness Academy pupils had the opportunity over the 2017-18 academic year to deliver training and organise festivals for the west cluster primary schools. A mixture of **sportscotland** Young Ambassadors, Stromness Academy Ambassadors and Sports Leaders delivered 3 festivals. These included a hockey festival in October and badminton and netball festivals during March. A variety of pupils from across six west cluster primary schools enjoyed taking part in these events which have now become an annual event in their sporting calendars.



Group photo of netball participant



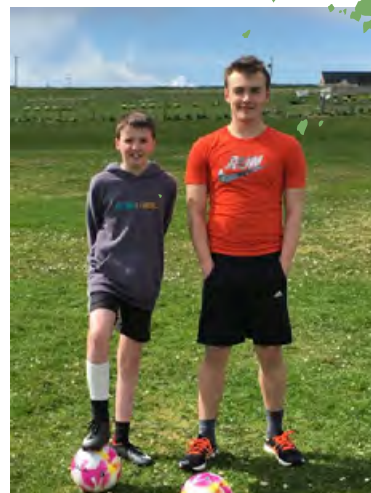
Badminton festival in full swing



Hockey festival

Westray Football Festival

Westray Young Ambassadors organised a football festival for all pupils from P1 to S3. During 4 different group sessions pupils took part in various skills and games. The ambassadors planned, co-ordinated, liaised and delivered all sessions with support from their school and Active Schools Coordinator.



Westray's Young Ambassadors and Upper Primary pupils taking part in the football festival.

World Badminton Championships



Four pupils from Orkney travelled down to Glasgow to organise 'big hit festivals' which formed part of the celebrations in Glasgow hosting the World Badminton Championship at the Emirates Arena. A mixture of secondary pupils from across the Highlands and Islands were trained locally to deliver a variety of badminton related skills at the event. School groups moved around 10 different badminton related stations throughout their time at the arena. During their day at the Championship, a total of 500 children received the 'Big Hit experience'. After the sessions were complete, everyone then enjoyed watching the World Badminton Championships in action.



"It was a great opportunity for these pupils to be involved in a World Class Event, especially as it was being hosted in Scotland. Well done to the pupils involved and we hope that they go back to their schools, enthused and ready to encourage more children to get active".

Michael Swanney,
Active Schools
Coordinator.

Sport Relief 2018 (9-13 March)

Sport Relief Week saw a busy time for several Orkney schools that supported the national fund-raising initiative. A great effort from all the schools who took part with a lot of fun had by participants and much needed funds being raised along with promotion of the importance of Physical Activity.

Shapinsay Community School

Three Primary 7 Young Leaders planned and led a whole lunch time week of activities for the entire school to raise money for Sport Relief. The activities included; Outstanding Obstacle Course, Skipathon, Glorious Games Day, French Skipping and Dynamite Dancing Disco to finish.



Stronsay Junior High School

Stronsay Junior High School volunteers organised a number of different challenges for pupils to take part in during break and lunch times, this included a bean bag challenge and a walking challenge.



Westray Junior High School

Westray incorporated an activities week as part of their Sport Relief effort. Many of the activities were organised by their upper primary pupils supported by their teachers. These included: Jumping, Beanbag & Hula Hoops activities along with Rugby Curling and an Obstacle course. The pupils were also allowed to complete a cycling activity to fill a bucket of water used to 'Soak the Coach' during their afterschool activities.



Pictured are pupils who organised and sold a sport related quiz, word search and spot the difference challenges as well as sport relief items such as wristbands.

Stromness Primary School

Stromness staff / parents and pupils took part in a variety of activities which formed part of the Sports Relief week. The school took part in Zumba classes on Monday, completed a Scavenger hunt on Tuesday, the whole school took part in a group walk on Wednesday, P7 leaders organised house challenges for the school on Thursday and then it was finished off with a duathlon (run, cycle, run) on Friday. A total of £1,311.80 was raised, well done to all.



Stromness Primary Sport Relief Board

Stromness Academy

Academy pupils and staff took part in a host of challenging and different activities during the Sports Relief week. On Monday it was S1-3 inter-house dodgeball, on Tuesday the staff versus pupils' volleyball and netball match happened. On Wednesday it was the turn of the S4-6 pupils to compete in dodgeball, on Thursday a timed obstacle course gave plenty of people the opportunity to "come and try" and then the activities finished on Friday with pupils / staff being put forward to take part in Stromness Academy's version of "The cube".



S1-3 pupils taking part in inter-house dodgeball

Volunteer of the Month

To recognise the fantastic work that School Sport Volunteers are doing around Orkney, we have launched, 'Volunteer of the Month'. Without volunteers, pupils around Orkney would have limited opportunities to participate in Physical Activity and Sport. Therefore, we hope that you'll check 'Active Schools Orkney' Facebook page regularly to help us celebrate parents, teachers, coaches, young leaders and community members that give up their time to get 'more children, more active, more often'.

Karen Burns

Orkney Active Schools and Papdale Primary School would like to recognise Karen Burns for her continued commitment and dedication, coaching Netball for over 9 years at the School.

Karen has gone above and beyond planning sessions, hosting weekly coaching sessions and accompanying pupils to Netball tournaments and leagues throughout the years'.

Karen has seen some of her participants progress from Primary to National level; and coached her three daughters from Primary 5 – 7 and beyond, at Netball Orkney.

I'm sure that everyone who Karen has coached over the years, will join us in saying a huge thank you to Karen and congratulations on being our 'School Sport Volunteer of the Month'!



Adam Clarkson

Orkney Active Schools are delighted to announce that Adam Clarkson (volunteer football coach at Stenness Primary School) is our volunteer for May.

Adam has been coaching the school football team for the last 2 years, entering the indoor league and cup and the outdoor school competition.

On average he devotes about 30 weeks per year of volunteering time to the school. Well done to Adam.



Leanne Bews

Orkney Active Schools and Shapinsay Community School would like to recognise Leanne Bews for her continued commitment to developing sporting opportunities to the pupils of Shapinsay.

She has been valuable in helping the school increase the number of after school clubs on offer, creating new ones, attending professional development opportunities and helping Shapinsay go for gold in the school sport awards.

Leanne goes above and beyond her role as a teacher and we all think she is a star! Please join us in saying huge congratulations to Leanne on being our 'School Sport Volunteer of the Month'!



Continuous Professional Development

The Active Schools Co-ordinators continually aim to improve the standard of service they provide. It is therefore important to attend training to both refresh and increase their skill base. Training that co-ordinators attended this year has included:

COURSE / TRAINING	DATE
Young Ambassadors Conference, Inverness	19 September 2017
Active Schools, Regional Networking days, Strathpeffer	30 and 31 October 2017
Bikeability National Training Day, Edinburgh	23 March 2018
Cycling Scotland Trainer CPD	24 April 2018

Contact Details

Active Schools, Education, Leisure and Housing,
Orkney Islands Council, School Place, Kirkwall, KW15 1NY

Telephone: 01856873535 Extension 2441/2442

Email: active-schools@orkney.gov.uk

Website: www.orkney.gov.uk

