CONTENTS

5 MANAGER’S REPORT
7 ACTIVE SCHOOLS STRUCTURE AND ACTIVE SCHOOLS TEAM
9 IMPACT
  9 Participant sessions
  9 Distinct participation
  9 Activity sessions
10 YOUNG LEADERS
  10 Young Ambassador programme
  11 Young leader profile – Katie Hastie
12 PARTICIPATION
  12 School Sport Award
  13 Basketball 3 v 3, U14 league
  13 Netball fun 5z
  14 Dance
  16 School spotlight – Broomhouse PS
17 EQUALITIES AND INCLUSION
  17 Girls conference
  19 Disability and Inclusion review
  22 Inclusion lunchtime club initiative
23 COACHING, VOLUNTEERING AND OFFICIATING
  23 Active Schools deliverers
  24 Coach Education
  25 Volunteering
26 EVENTS
  26 Triathlon
  26 Hub Autumn Games
  28 Giant Heptathlon
  28 Dance Extravaganza
  29 ParaSport festival
  30 Games @ the Hub
I would like to start this year’s review with a quote from the Scottish Government (2013):
‘children who were more physically fit tended to have higher cognitive functions and academic achievement’
and
‘Physical activity has a significantly positive impact on children’s outcomes and academic achievements, with aerobic exercise producing the biggest impacts’

Scottish Government (2013), Health and wellbeing literature review – examining the links between health and wellbeing and educational outcomes, including attainment; Edinburgh; Scottish Government

I believe Active Schools plays a large part, alongside the many school staff, in ensuring every child is given an opportunity to take part in physical activity and sport at all levels and be able to progress at all stages. The Active Schools team in Edinburgh coordinate over 700 extra-curricular clubs each week across the whole school estate, offering in the region of 59 different activities.

A lot has changed this year, however, what makes this year slightly different is that the changes were not all within the team. Active Schools has gone online and now use the website Join in Edinburgh as a way of advertising and booking the Active Schools programmes. Parents/guardians still receive paper notification informing them of the extra curricular clubs on offer both within the school and across the cluster but the difference now is that parents/guardians can book in the comfort of their home. I believe this has made a huge difference to the uptake of the programmes, demonstrated on page 9 the Impact of Active Schools.

As with every year, a lot of time is invested in recruiting, developing and mentoring senior pupils to become young leaders. From the 466 senior pupils who work with Active Schools, 46 S4 pupils were recruited to be Young Ambassadors for their school. Read all about their year in the Young Leaders report by Lorraine Dickson, Active Schools Coordinator and Andy McIntosh, Youth Leader from Edinburgh Leisure and read how one particular Young Ambassador, Katie Hastie, believes the Young Ambassador programme helped her to get to where she is now.

This year the team paid particular attention to ensuring everyone is offered the opportunity to take part in the extra-curricular clubs. A great example of this is the work that was carried out in Broomhouse Primary School. You can read more about this on page 16.

The sportscotland School Sport Awards is a great way of identifying how good the school is in offering sport to pupils. As you will see from the diagram on page 12, schools have started to register and go through the assessment process of this award, 4 schools in Edinburgh have now achieved a Gold Award and many more received Silver and Bronze. We hope to continue to increase this number next year.

From the 60 different activities on offer, I have chosen to highlight 4; Basketball, Volleyball, Netball and Dance. Read more about these sports and activities on page 13-14

Other great examples of ensuring we are fully inclusive is the focus on girls and in particular the first ‘Girls Day Out’ Conference, hosted by Active Schools in November 2016. Read more about the event on page 17.

Read about the many successful initiatives for Special Schools and pupils with special needs in the mainstream schools in the Disability and Inclusion report on page 19-21 and a great example of one of the initiatives, an inclusion lunch time club at St Thomas’ on page 22.

Volunteers remain very important to Active School, without which many events and clubs could not happen. A working group was set up to focus on developing, mentoring and rewarding the 1500 volunteers recruited by the team.

The “Fit to Coach” training programme continues to be a success with 211 coaches and volunteers participating in at least one of the training courses. Read more about the programme on page 24.

Finally, I finish the report reviewing 6 main events that took place this year; The Sports Hub Autumn Games, the Giant Heptathlon, The Dance Extravaganza, The Para Sport Festival and the pinnacle event, Games @ the Hub. Thanks must go to the many volunteers, young leaders, local clubs, governing bodies, development officers, coaches and of the course the pupils and schools who supported the events and made them the success that they were.

I hope that this review will demonstrate the impact Active Schools is making for the young people of Edinburgh and how getting active and staying active benefits their lives.

Please follow Active Schools on twitter: @ActiveSchoolsED
ACTIVE SCHOOLS TEAM

Helping you get involved with sport and activities at your school and in your spare time.

The team remained fairly constant this year with a few internal moves within clusters; Lee Goodfellow moving to Leith, Lorraine Dickson moving to Trinity, Lauren Millar moving to Holyrood, Phil Kidd moving to WHEC and Ricky Karoyan moving to Tynecastle. Lindsay Campbell left to go on maternity leave in June. There were 3 new Active Schools coordinators recruited at the end of year and will start with the team during the summer holidays namely Amy McClenaghan who will be placed in the Gracemount Cluster, Matthew McLachlan who will be placed in Drummond cluster and Craig Newport who will cover Lindsay's maternity leave in Balerno and Currie.
<table>
<thead>
<tr>
<th>Neighbourhood</th>
<th>North West</th>
<th>North East</th>
<th>South East</th>
<th>South West</th>
<th>Special Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>North West Neighbourhood</td>
<td>Neil Russell (Craigmount HS)</td>
<td>Lauren Millar (Holyrood Cluster)</td>
<td>Tony Segall (Boroughmuir Cluster)</td>
<td>Lindsay Campbell (Currie Cluster) + (Balerno Cluster)</td>
<td>Jill Coleman (Mainstream PS, Braidburn, Kaimes, Oaklands, Panmure St Annes, Pilrig Park, Prospectbank, Redhall, St Crispins, Rowanfield, Gorgiemills and Woodlands Special Schools)</td>
</tr>
<tr>
<td>North East Neighbourhood</td>
<td>Heather Brownlee (Queensferry HS)</td>
<td>Shirley Banks (Castlebrae Cluster)</td>
<td>Amy McClennagh (Gracemount Cluster) Started in May</td>
<td>Lindsay will be on maternity leave as of June and Craig Newport will cover the cluster during this time</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Shona Clark (Forrester Cluster and Sports Hub)</td>
<td>Paddy Dearlove (Portobello Cluster)</td>
<td>Tom Scott (James Gillespie's Cluster)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fiona Damen (St Augustine's Cluster)</td>
<td>Lee Goodfellow (Leith Cluster)</td>
<td>Robert Ure (Liberton Cluster)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jonathan Wallace (Royal HS CSH Cluster)</td>
<td>Lorraine Dickson (Trinity Cluster)</td>
<td>Alan Reid (St Thomas of Aquins Cluster)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cat McCready (Broughton Cluster and Sports Hub)</td>
<td>Matthew McLachlan (Drummond Cluster)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Alisa Wilson (Craigroyston Cluster)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>South West Neighbourhood</td>
<td></td>
<td></td>
<td></td>
<td>Lorna Norman (Firrhill PS Cluster)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Phil Kidd (Wester Hailes Cluster)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Ricky Karoyan (Tynecastle HS Cluster)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Active Schools Team

Jude Salmon
Active Schools Manager

- North West Neighbourhood:
  - Neil Russell (Craigmount HS)
  - Heather Brownlee (Queensferry HS)
  - Shona Clark (Forrester Cluster and Sports Hub)
  - Fiona Damen (St Augustine’s Cluster)
  - Jonathan Wallace (Royal HS CSH Cluster)
  - Cat McCready (Broughton Cluster and Sports Hub)
  - Alisa Wilson (Craigroyston Cluster)

- North East Neighbourhood:
  - Lauren Millar (Holyrood Cluster)
  - Shirley Banks (Castlebrae Cluster)
  - Paddy Dearlove (Portobello Cluster)
  - Lee Goodfellow (Leith Cluster)
  - Lorraine Dickson (Trinity Cluster)
  - Matthew McLachlan (Drummond Cluster)

- South East Neighbourhood:
  - Tony Segall (Boroughmuir Cluster)
  - Amy McClennagh (Gracemount Cluster) Started in May
  - Tom Scott (James Gillespie’s Cluster)
  - Robert Ure (Liberton Cluster)
  - Alan Reid (St Thomas of Aquins Cluster)

- South West Neighbourhood:
  - Lindsay Campbell (Currie Cluster) + (Balerno Cluster)
  - Lindsay will be on maternity leave as of June and Craig Newport will cover the cluster during this time
  - Lorna Norman (Firrhill PS Cluster)
  - Phil Kidd (Wester Hailes Cluster)
  - Ricky Karoyan (Tynecastle HS Cluster)

- Special Schools:
  - Jill Coleman (Mainstream PS, Braidburn, Kaimes, Oaklands, Panmure St Annes, Pilrig Park, Prospectbank, Redhall, St Crispins, Rowanfield, Gorgiemills and Woodlands Special Schools)
ASMO, (Active Schools Monitoring Online) is a tool used to measure how well Active Schools are doing in relation to number of Distinct Participants, (number of individual pupils attending extra-curricular sessions), Participant sessions, (number of visits the pupils make to the clubs) and Activity Sessions, (the amount of activity that is offered). You can see below the performance of Active Schools over the course of the last 3 years.

The final year results show an increase in all of the above, with an increase of 4,663 activity sessions, with a total of 29,452, an increase of just short of 40,000 participant sessions, with a total of 482,414 and an increase of 2,715 distinct participants, to 17,878. An increase of 6% to 38% of the school roll taking part in Active Schools extra-curricular sessions. Please see these figures illustrated below.

The Active Schools programmes run over 30 weeks of the year and offer blocks of activity each term in 59 different activities, the top 3 activity sessions being Football, dance and basketball.

PARTICIPANT SESSIONS

The Active Schools team has worked hard with schools and other key partners to produce an increase in participant sessions of nearly 40,000 to 484,412, an increase of 9% on last year. This number is largely down to the increase in distinct participants, resulting in more young people taking part and therefore increasing the number of visits to the activity sessions.

DISTINCT PARTICIPATION

The last couple of years have seen the number of pupils participating in the extra-curricular sessions fairly constant at around 32% of the school roll. This year however, we have seen an increase of over 2,000 pupils, to 17,878, an increase of 6% to 38% of the school roll. This is a clear indication that the targeted work to reach more young people to take part in the clubs offered before and after school and at lunch times is working. Through the review you will read of a number of initiatives that have been put in place.

ACTIVITY SESSIONS

Activity sessions saw a decrease in numbers in 2015/16 due to the reduced number of facilities available to hold the extra-curricular clubs due to the school closures. This year, 2016/17, however, we have been able to exceed previous years to reach just short of 30,000 activity sessions.
YOUNG LEADERS

Secondary pupils continue to play a large part in the delivery of the extra-curricular programmes and events run by Active Schools and the team continued to recruit, support and mentor the many pupils who volunteered with us this year.

YOUNG AMBASSADOR PROGRAMME

Lorraine Dickson, Active Schools Coordinator and City Lead of Young Ambassador
Lee Goodfellow, Active Schools Coordinator and City Lead of Young Ambassador
Andy McIntosh, Edinburgh Leisure Youth and Development Worker

Pupils from every High School are recruited for the Young Ambassador programme in June. The new recruits join Active Schools and Edinburgh Leisure for an Induction day which is packed with fun activities and introduces the young people to the opportunities that lie ahead. The day brings the young people together and shows them the benefits of working as a group and how they can learn and support each other in their new role over the course of the year.

The day also highlights opportunities for training and volunteering and many of the young people go on to volunteer at the many events run by Active Schools as well as deliver extra-curricular clubs within the Active Schools programmes.

For those pupils who leave school but wish to continue working in the Young Ambassador programme, a Young Ambassadors Development Group, (YADG) was formed. This group work closely with Active Schools and Edinburgh Leisure and take on more responsibility, leading and supporting the new Young Ambassadors. They also take a lead role in the fundraising for the Young Ambassadors Residential each year which is held in November.

Active Schools in partnership with Edinburgh Leisure, sportscotland and Youth Trust continue to deliver an amazing opportunity for young people to develop and build in confidence as they are mentored through their final years in school. The skills and techniques they acquire in the Young Ambassador programme is one that truly supports their life after school.
RESIDENTIAL

This year Active Schools took a staggering 41 Young Ambassadors on a residential weekend in November 2016, including 3 ASN pupils from the special schools. Over the course of 3 days the young people ran into Lochs at -2 degrees, built bridges over rivers, abseiled down 40 feet cliffs to mention a few of the activities. The young people were also introduced to the Sports Leadership course and attended a Presentation Skills course. The weekend is a fantastic way to show the Young Ambassadors the potential of working together as a large group.

YOUNG LEADER PROFILE – KATY HASTIE

Young Ambassador of the Year 2016
Holyrood High School

I am currently studying at Edinburgh College and I work in a nursing home 2 days a week. I have recently just applied to university and currently going through the interview process to study Midwifery.

When re-writing my personal statement and when at interviews this year the Young Ambassador programme has popped up a lot in conversation and many people have been impressed with the work I did with the programme. Not only the presentation skill course we did during the course of the residential in Lagganlia Outdoor Centre, but also talking at the Young Ambassador Regional Conference, really boosted my confidence in speaking to large groups of people and people that I don't really know.

These skills have helped me massively in the past couple of years and will continue to benefit me in the future. I was and still am extremely honoured to have been voted Young Ambassador of the year in 2016 and my award sits proudly on my window sill. I am extremely thankful to the Young Ambassador programme and all that it has done to help me achieve what I have and I guess without it and the Active Schools Coordinator, Lorraine Dickson based at Holyrood High School, none of this would have been possible, so thank you very much.
PARTICIPATION

SCHOOL SPORT AWARD

SportsScotland launched the School Sports Awards to encourage schools to self-reflect, to recognise and celebrate successful PE & school sport models and to put young people at the forefront of the decision making, planning and implementation processes.

The main aim of the award is to help schools increase young people’s opportunities and engagement in PE & school sport and to help schools to put PE & school sport at the heart of their planning, practice and ethos. Edinburgh has seen a steady increase in the number of schools registering for the award and it is hoped that this increase will continue next year. Congratulations must go to the 6 schools who have been given the GOLD award and to the many schools who have received SILVER and BRONZE. Good luck to those who are in the process of being awarded.

<table>
<thead>
<tr>
<th>PRIMARY</th>
<th>Current status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abbeyhill Primary School</td>
<td>In progress</td>
</tr>
<tr>
<td>Balgreen Primary School</td>
<td>Silver</td>
</tr>
<tr>
<td>Bonaly Primary School</td>
<td>In progress</td>
</tr>
<tr>
<td>Broomhouse Primary School</td>
<td>Gold (q)</td>
</tr>
<tr>
<td>Buckstone Primary School</td>
<td>In progress</td>
</tr>
<tr>
<td>Carrick Knowe Primary School</td>
<td>In progress</td>
</tr>
<tr>
<td>Castleview Primary School</td>
<td>Silver</td>
</tr>
<tr>
<td>Clovenstone Primary School</td>
<td>Silver</td>
</tr>
<tr>
<td>Craigentinny Primary School</td>
<td>Silver</td>
</tr>
<tr>
<td>Craiglockhart Primary School</td>
<td>In progress</td>
</tr>
<tr>
<td>Craigour Park Primary</td>
<td>Silver</td>
</tr>
<tr>
<td>Duddingston Primary School</td>
<td>Silver</td>
</tr>
<tr>
<td>Fox Covert RC Primary School</td>
<td>Bronze</td>
</tr>
<tr>
<td>Hermitage Park Primary School</td>
<td>Gold (q)</td>
</tr>
<tr>
<td>James Gillespie’s Primary School</td>
<td>Silver</td>
</tr>
<tr>
<td>Niddrie Mill Primary School</td>
<td>Silver</td>
</tr>
<tr>
<td>Pentland Primary School</td>
<td>Silver</td>
</tr>
<tr>
<td>Preston Street Primary School</td>
<td>Silver</td>
</tr>
<tr>
<td>Sciennes Primary School</td>
<td>Silver</td>
</tr>
<tr>
<td>Sighthill Primary School</td>
<td>Silver</td>
</tr>
<tr>
<td>St Cuthbert’s RC Primary School</td>
<td>In progress</td>
</tr>
<tr>
<td>St Joseph’s RC Primary School</td>
<td>Gold</td>
</tr>
<tr>
<td>St Mary’s RC Primary School (Leith)</td>
<td>In progress</td>
</tr>
<tr>
<td>Trinity Primary School</td>
<td>Silver</td>
</tr>
<tr>
<td>Victoria Primary School</td>
<td>Silver</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SECONDARY</th>
<th>Current status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balerno Community High School</td>
<td>In progress</td>
</tr>
<tr>
<td>Boroughmuir High School</td>
<td>In progress</td>
</tr>
<tr>
<td>Broughton High School</td>
<td>In progress</td>
</tr>
<tr>
<td>Castlebrae Community High School</td>
<td>Silver</td>
</tr>
<tr>
<td>Craigmount High School</td>
<td>In progress</td>
</tr>
<tr>
<td>Craighroyston Community High School</td>
<td>Bronze</td>
</tr>
<tr>
<td>Currie Community High School</td>
<td>Silver</td>
</tr>
<tr>
<td>Drummond Community High School</td>
<td>Silver</td>
</tr>
<tr>
<td>Firrhill High School</td>
<td>Gold</td>
</tr>
<tr>
<td>James Gillespie’s High School</td>
<td>In progress</td>
</tr>
<tr>
<td>Portobello High School</td>
<td>Silver</td>
</tr>
<tr>
<td>St Augustine’s High School</td>
<td>Silver</td>
</tr>
<tr>
<td>St Thomas Of Aquin’s High School</td>
<td>Silver</td>
</tr>
<tr>
<td>The Royal High School</td>
<td>Silver</td>
</tr>
<tr>
<td>Trinity Academy</td>
<td>Silver</td>
</tr>
<tr>
<td>Tynecastle High School</td>
<td>Silver</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ASN</th>
<th>Current status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kaimes School</td>
<td>Gold (q)</td>
</tr>
<tr>
<td>Oaklands School</td>
<td>Silver</td>
</tr>
<tr>
<td>Woodlands School</td>
<td>Gold (q)</td>
</tr>
</tbody>
</table>
| (q) = question mark
BASKETBALL
Cat McCready, Active Schools Coordinator and Basketball Lead

3 V 3 TOURNAMENT
The 2nd Citywide Annual Under 15s 3v3 basketball tournament was held on Tuesday 2nd May 2017 at the Oriam Sports Centre, Herriot Watt University Campus. The 4 best teams from across each neighbourhood played a league format with the 2 strongest teams playing in the final. The girl’s final saw James Gillespie’s High School taking on St. Augustine’s High School in a close game. James Gillespie’s came out on top to take the trophy back to the South East Neighbourhood.

The boys final was highly contested with Broughton High School taking the win against Tynecastle High School and taking the trophy back to the North West Neighbourhood.

Congratulations to all teams and coaches who took part in the regional qualifies and the city wide finals.

U14’S EDINBURGH LEAGUE
Active Schools Edinburgh in partnership with Basketball Scotland created the first ever Under 14’s Edinburgh League as it was identified that there was a lack of competition at this age group throughout Scotland.

There were 9 teams who joined the competition which started in October 2016. The 9 teams were split into groups of 3 and each team hosted a 3-way tournament on the lead up to Christmas 2016.

After the festive period, the groups were split again according to their league standing and played against new teams. The 2 top teams from each league played a final which was held at the Oriam Sports Centre on Tuesday 2nd May 2017.

George Heriots and Broughton High School battled it out for the top spot. The game was extremely close with 8 points between the two teams at half time. Broughton High School held off the attacks of George Heriots to win 50-36.

NETBALL FUN 5Z
Shona Clark, Active Schools Coordinator and Netball Lead

Fun 5z festivals were held in 3 neighbourhoods across the city in the North West, South West and South East. The format involved 5 players on a smaller court and is a modified version of the full game which encourages players to rotate and learn new positions.

Over 200 pupils participated in the festivals with 6 teams competing in the final held at Forrester/St Augustine’s Community Sport Hub in December 2016. Well done to all teams involved and congratulations to Bruntsfield who were the city wide winners.

VOLLEYBALL
Heather Brownlee, Active Schools Coordinator and Volleyball Lead

The partnership between Active Schools, local clubs and that of the Governing Body Regional Development Officer has been crucial in making a success of the growth of Volleyball and Beach Volleyball in our city.

This year Active Schools have focussed on developing and building our young workforce and worked in partnership with Scottish Volleyball Association (SVA) to facilitate a UKCC Level I at Forrester HS as well as providing a Fit2Coach programme to equip them to provide new after school clubs. This summer many of them will progress to UKCC Level II at Queensferry HS and we will also offer an Introduction to Volleyball Award for young leaders 14+ from across the city.

We have also engaged with SVA to brand the P5-7 School Festival as Active Schools which attracted new schools from the NW neighbourhood and witnessed 100+ children putting into practice the skills they had learned in school. 2017 also saw a new initiative placing volleyball on the EPSSA calendar for the first time which attracted 120 P5 children from across the city to a Festival at Meadowbank in February where they participated in a master class to learn skills...
then a fun tournament to put them into practice. Once again Volleyball was a popular feature at Games @ the Hub and at The Beach Games. At all of the aforementioned events, young leaders from various schools in Edinburgh attended to coach and nurture the young players, sharing their learning and acting as positive role models. They displayed a very good standard of delivery as a result of their commitment to the coach education opportunities available to them.

Queensferry Cluster is known for the volume of volleyball which takes place and the success children from cluster schools have gained in achievements and experience. City of Edinburgh Volleyball Club who are based at Queensferry HS were awarded a Direct Club Investment (DCI) from sportscotland to recruit 6 coaches to establish school aged volleyball programmes at Queensferry HS and the cluster primary schools. Active Schools has been a major partner on this DCI project, resulting in participation and membership targets being exceeded and the development and training of Young Leaders delivering in the community. Schools have supported an increase in the delivery of volleyball in the cluster as well as the installation of new equipment to accommodate the demand.

It has been a great year with more and more pupils from Edinburgh schools participating in extra-curricular volleyball, festivals, Scottish Schools Cup and beach holiday camps.

The summer of 2017 will see several representations from City of Edinburgh schools for Beach Volleyball with two boys from Queensferry HS and Craigmount HS representing Edinburgh at The International Children’s Games in Lithuania and two girls from Queensferry HS representing Team Scotland at the first ever Beach Volleyball Competition at The Commonwealth Youth Games in The Bahamas. Indoor Volleyball will see seven girls and five boys represent Scotland at the UK School Games in Loughborough.

DANCE

Alan Reid, Active Schools Coordinator and Dance Lead

Within Edinburgh 115 schools host extra-curricular dance clubs, including special schools. That is every school in the city! On average there are 2 dance sessions operating out of each school per week and approximately 2280 pupils taking part in dance across the city each week.

Over the course of the year there were 86,000 participant sessions recorded in dance. This equates to 19% of all Active School sessions in Edinburgh and is the highest level of participation against all other activities that are offered.

Active Schools work in partnership with dance instructors from various high Schools and 8 different dance companies across the city, all of whom deliver various forms of dance. Partnership working is
crucial to the success of the dance programme and the dance companies play an integral role in the neighbourhood shows that are run each year.

All neighbourhoods hosted a dance show in the first term of the academic year. This was an opportunity for the pupils to showcase their talent to their parents.

NORTH EAST NEIGHBOURHOOD
TUESDAY 7TH AND WEDNESDAY 8TH DECEMBER 2016
The North East neighbourhood hosted two ‘Winter Wonder Dance’ Shows. Both shows were a sell-out of 300 audience members and were held at the new Portobello High school.

There were 39 dance performances across the 2 shows from Drummond, Portobello and Castlebrae, Holy Rood, Leith Academy and Trinity Academy Clusters. Performances ranged from solos to duets to full group routines. It was great to see such a wide age range of pupils from P1s to advanced S6 pupils.

The performances invited to the Extravaganza were:
From the High Schools: Trinity Academy, Holyrood High School, Portobello High School S2, Castlebrae High School S1.
From the Primary schools: St John Vianney, Castleview P5-P7, Castleview P3-P4,

A big thank goes to Jose Mackay, Alana Jamieson and dance coaches from Live It Dance, Dance Division, Step It Up, for all their hard work on the night of the show and for their continued support in the delivery of dance sessions throughout the year.

SOUTH EAST NEIGHBOURHOOD
MONDAY 5TH DECEMBER 2016
This year’s show took place at Liberton High School were 250 spectators and 150 dancers performed over 2 shows throughout the night. The performances included lots of style and smiles with parents and carers enjoying the performances. An Awesome night was had by all.

The performances invited the Extravaganza were:
From the High Schools: Liberton HS S1-2 (Grease Lightning), Live it Dance, Liberton HS S5 (Impossible), Live it Dance, Gracemount HS S4-6 (You can’t stop the Beat)
From the Primary Schools: Craigour Park PS P1-5 (Honey Honey), Live it dance, Gracemount PS P6-7 (Elastic Heart), Kirsty Cook,

NORTH WEST NEIGHBOURHOOD
6TH DECEMBER 2016
The North West Dance show was an excellent showcase of the dance talent across the North West Neighbourhood. There was a large crowd of 300 spectators and 16 Dance performers.

There was such a variety of dances and ages on the night which made it a great event. The schools who took part were St Joseph’s/Broomhouse PS, Stockbridge PS, Flora Stevenson PS, Queensferry PS, Gylemuir PS, Echline PS and St Augustine HS, Craigmout HS, Craigrosyton cluster and Craigmout HS with the following schools being selected for the Dance Extravaganza final –
From the High Schools: Queensferry HS s3-5 – 9/11, Queensferry HS solo – Shona Scott – It doesn't hurt, Queensferry trio 5th years – children of the revolution.
Firrhill High School hosted the inaugural South West Neighbourhood Dance Show. It was great to see so many people turn up to see the dance show on a particularly rainy and windy night. The schools that participated in the show came from local primary and secondary schools and included Oxgangs, Pentland, Longstone, Tynecastle, Firrhill and Balerno.

The dance groups showed great imaginative flair in their choice of costumes and creative makeup and the fabulous music choices saw the audience clapping and singing along to the dance routines.

The high quality and range of styles of dance on show made the selection of which group was going to be selected to represent the neighbourhood at the Edinburgh Dance Extravaganza a really hard task however the schools eventually selected were:

From the Primary Schools: Nether Currie PS P3-P7 – This is what you came for – Danni Ross (dance division), Stenhouse PS P4-P7 - Mamma Mia – Sarah McLeod (Step it Up),

From the Secondary Schools: Firrhill HS S3 – Thousand Years – Pam Day/Katie Harkness, WHEC S1-S6 – Burn It Up – Dance Division, Tynecastle HS S4-S6 – We are no ordinary clowns, PE teacher Kirsty Clarke/Paige Lamb.

SCHOOL SPOTLIGHT – BROOMHOUSE PS

Broomhouse Primary Schools - More Active More Often

Shona Clark, Active Schools Coordinator – Forrester Cluster

Active Schools and Broomhouse Primary School have been working together across the whole school to improve participation in children who are currently not taking part. Some of the actions were:

- Supported the school to go for Gold School Sport Award
- Supported Broomhouse Sports Reps groups in p5-7 (pictured) to complete parent and pupil surveys, create a notice board and plan sports day.
- Track participation and send information broken down by class to teaching staff so that they can identify and support those not taking part, ascertain the barriers and work with the Active Schools Coordinator, Shona Clark, to address them. One example was the p5 teacher who contacted Shona after she sent the names of pupils who had signed up and said that no one in her class signed up. She spoke to all the pupils and printed more forms, highlighted the activities and spoke to parents and after this, 20 pupils in the class were doing at least one activity each week.

The ASC delivered a whole school sports assembly with videos of the pupils participation and information on the Active Schools programme. Certificates were awarded to pupils on their achievement in various levels of participation ranging from gold, silver to bronze. The impact from this was that dance participation doubled after this assembly.

- Provided an Active Schools specific letter for each year group and provided a “sponsorship” letters for pupils who were inactive.

- Provided a free swim programme during the February break and during the summer holidays

- Provided a targeted club pathway including Forth Canoe club where 8 pupils took part between October and March and then 3 continued to take part at the local community club thereafter.

- Provided a targeted swim extra-curricular club for 15 pupils

- Attended parent afternoons and evenings and addressed feedback from parents including putting on a tennis club

The impact from the above actions has resulted in Full Year distinct participants rising to 75% of school roll this academic year. This is an increase of 27% since the project started.
EQUALITIES AND INCLUSION

Active Schools aims to ensure the programmes and events that are on offer are fully inclusive. One of the objectives is to increase girls’ participation, especially those in S3 and above.

The working group worked hard this year to introduce a new event, the ‘Girls Day Out’ conference along with encouraging the team to set up girls’ forums and girls only clubs.

Pupils with special needs is another key focus, ensuring that there is support in place for pupils who need it.

GIRLS

Alisa Wilson, Active Schools Coordinator and Girls Lead

‘GIRLS DAY OUT’ CONFERENCE!

Edinburgh seconary girls are inspired to get active at the first active schools ‘Girls Day Out’ conference!

Secondary girls across Edinburgh were invited to attend the first ‘Girls Day Out’ conference hosted by Active Schools. 140 girls in S2-S4 from all 23 all high schools attended the event which was held at Wester Hailes Education Centre on Wednesday 26th October 2016. The day was designed to inspire, encourage and support girls to become more active, raise the profile of successful role models and their achievements and educate girls on the power of sport.

Aimed primarily at girls with low levels of activity, the participants all took part in six alternative physical activities including trampolining, jump rope, PIYO, spin, dancercise and boot camp fitness. Three other workshops including nutrition, healthy minds and hair design were intended to tackle some barriers to participation and educate on simple lifestyle changes.

An exciting feature of the conference was the inclusion of the Dynamic Youth Awards Active Schools partnered with Youth Scotland who supported the delivery of some of the workshops on the day but who also funded the girls who attended the conference through the Dynamic Youth Awards which is a peer assessed award recognising the contributions and achievements of young people aged 10+. The Dynamic Youth Awards are now credit rated on the SCQF by SQA.

It was an interactive and fun-packed day where pupil and teacher feedback was extremely positive. Not only have girls commented on the enjoyment and confidence gained from the day, but teaching staff have confirmed it was a great development opportunity for them.

Pupils from Kaimes and Woodlands school attended the city’s first ever ‘Girls Day Out’ conference, hosted by Active Schools. One of the really positive pieces of work to come out of the conference was that Woodlands pupils loved the skipping activity so much they requested a skipping club to be set up in the school. With the support of Jill Coleman,
Active Schools Coordinator for Equalities and Inclusion and staff who attended the conference, a daily skipping club has been set up and led by the girls who attended the conference. This has allowed the girls to continue their activity levels following the conference but has also allowed other pupils who didn’t attend the conference to try skipping. A great success all round.

Councillor Cathy Fullerton, Vice Convener for Education, Children & Families at the City of Edinburgh Council, said: “Often girls give up sport when they start at high school so ‘Girls Day Out’ is a great way to encourage them to become more active and discover the different and fun ways to achieve this.

“The great programme of activities at the girls’ conference held at Wester Hailes showed the girls the benefits of taking part in PE, sport and physical activity.”

Stewart Harris, Chief Executive, sportscotland said: “Our aim with Active Girls is to work with our partners to increase participation in PE, sport and physical activity amongst girls and young women. ‘Girls Day Out’ is a terrific way for schools, clubs and hubs to showcase the opportunities available both locally and nationally.

“The Active Schools team here in Edinburgh has put together a very comprehensive and innovative programme to highlight the benefits of an active lifestyle in a fun and interactive way.”

Girls’ forums have been set up following the conference in many of the high schools and their aim is to work hard to introduce girl only clubs in physical activities suggested by the girls which will hopefully encourage participation and get even more girls active as well as allowing the girls who were introduced to activity to continue.

**DRUMMOND HS CASE STUDY - MARGARIDE TENTE**

Margaride was identified by the PE team as not attending PE or extra-curricular clubs and so was invited to attend the Active Schools ‘Girls Day Out’ conference in October 2016. Margaride reluctantly attended the event, however admitted following the day that she enjoyed elements of the day and loved the spin session. Margaride now attends weekly Girls Fitness Club run by a PE teacher and leads a healthier and more active life.

**ST THOMAS’ HS CASE STUDY**

Several pupils were identified by the Guidance team of the school as not being active and were generally disengaged with school. The 6 pupils attended the ‘Girls Day Out’ conference and all reported to enjoyed the day. All 6 pupils continued their new interest by attending the Active Schools Fitness Club held at the High School. Two girls from the group of 6, namely, Sarah Rudden and Danielle Maidan, grew so much in confidence they also joined the school dance team and started training to perform at the Edinburgh Junior Secondary Schools dance competition in May. The girls continue to take part in dance and all 6 have started to lead a more active lifestyle.
CRAIGROYSTON COMMUNITY HIGH SCHOOL CASE STUDY
A mix of disengaged pupils (identified by the PE team as not regularly attending PE or extra-curricular clubs) and two engaged girls that were felt to be great ‘motivators’ and role models all attended the ‘Girls Day Out’ conference. They participated in all sessions at the conference, some reluctantly at first and all thoroughly enjoyed the experience by the end of the day.

The participants asked if a girls-only Fitness Club could be offered at the High School and when this was trialled in term 2 it was a real success with numbers eventually growing from 2 girls to 7 girls attending by the end of the term.

In term 3 this club became an afterschool club and has up to 12 girls that regularly attend, four of which attended the conference.

One of the participants from the conference namely, Toni Niven, (S4), became so enthused since the conference that she played an integral role in the creation and promotion of the new Girls Fitness Club and supported other Active Schools clubs and was consequently invited to join the High School Sports Ambassador committee in December. As a talented rugby player, Toni has always been an active student outside of school, however attending the conference in a ‘motivator’ role highlighted the fun, enjoyment and benefits of joining and supporting school activities and she has proven to be a valuable member of the High School Sports Ambassador team. Her enthusiasm and commitment has been such that she has been invited to be a key note speaker at the second ‘Girls Day Out’ Conference in November 2017.

DISABILITY AND INCLUSION REVIEW
Jill Coleman, Active Schools Coordinator

PARTNERSHIP WORKING
Key partners supporting the Active Schools programme include Scottish Disability Sport, (SDS), Lothian Disability Sport, (LDS) and Edinburgh Leisure, (EL).

Edinburgh College have also been a key delivery partner providing Multi-sport activity session across the cluster. However, these sessions were only delivered in term 1 this year. Further discussions with Edinburgh College following term 1 enabled Active Schools to work closer with the students to promote equality and inclusion and enabled the students opportunities to support events and extra-curricular clubs during the remainder of the year.

CEC Cricket DO, James Ross, has delivered cricket sessions at Kaimes, Pilrig Park and Woodlands in conjunction with the recently appointed Disability Cricket Development Officer, Cricket Scotland Kirsty Openshaw. This is the second year where cricket has been delivered in the special school cluster and this year sessions will culminate in a cricket festival due to take place in August 2017.

CEC Racquets DO, Ryan Harrower supported table tennis training with Royal High School Sports Leaders in preparation for the Lothian Schools Annual Table Tennis festival which was held in November 2016.

In June Active Schools was joined by Harry Lovett, a work placement from the Royal Blind School.
Harry was a great ambassador for disability sport and is currently coaching with the Paisley Piranhas in the GB Judo Squad. Harry has been coaching there since June 2015 and has been selected for the East of Scotland Judo team and the Open Water GB Swimming Team for the Special Olympics National Games in Sheffield in 2017. A talented athlete who contributed greatly to the work carried out by Active Schools, especially within the special schools!

The whole team valued Harry’s contribution to Active Schools and were grateful for his input in supporting a boccia session during Woodlands Health Week, assisting in extra-curricular provision at Pilrig Park, as well as undertaking administration tasks and getting involved in neighbourhood planning days. The Active Schools team wish Harry all the best in the future.

CLUB LINKS

Active Schools continued to work with key partners to identify clubs and Sports Governing Bodies that are interested in developing ASN specific clubs or increase inclusion within their existing club provision. This year some of these developments/key providers include:

Dalry Karate Group: Club coach Andy Elliott delivered tasters sessions across the special school cluster culminating in a Karate Festival in June 2017. Pupils from all schools were invited to attend with participants attending from both mainstream and special schools. The club is based at Engage Sports Centre, Napier University and has a growing membership.

Powerchair Football Club: Active Schools has worked in partnership with LDS to establish the SFA Lothian’s first powerchair club. This is currently located in the Royal High School Sports Hub but is due to move to Oriam sports facility in the coming year.

Boroughmuir Blaze Basketball Club: the club have concentrated their staffing energies on the delivery of their Saturday morning ASN Basketball Club. Boroughmuir Blaze also play a large part in delivering at the many ASN events throughout the year. A big thanks to Blaze for their ongoing support with these events!

Disability Judo Club/ Judo Scotland: Johnny Imrie, Disability Judo Development Officer, has delivered taster sessions across the special schools cluster in addition to supporting a number of key events, including Games at the Hub and the Para Sport Festival. The disability Judo club continues to have strong, regular membership from special and mainstream school pupils.

Spartans Football Club: this club continues to offer weekly curricular delivery football at Rowanfield and Pilrig Park incorporating a football education programme into the schools’ curriculum. Both schools are hugely appreciative of the level of contribution from the club.
ACTIVE SCHOOLS EVENTS

Table Tennis Festival, Royal High School, November 2016

Around 40 players of all ages from Prospect Bank, Kaimes, Woodlands, Redhall, Nether Currie PS Towerbank PS and the Royal Blind School participated in a number of skill stations enabling them to try out and practise a range of shots and techniques in table tennis. The coaching on the day was led by Murrayfield Table Tennis Clubs and was supported by senior pupil sports Leaders from the Royal High School.

Special Schools Dance Show, Oaklands School February 2017

This was the first year the dance show was hosted by Oaklands School helping Active Schools make the event even more inclusive than previous years. Dance sessions were offered to interested schools prior to the event with Woodlands, Redhall, Prospectbank and Kaimes opting for these. In addition to these schools working on dance routines with Dance Division; Pilrig, Braidburn, Oaklands and St Crispin’s also attended the show creating some truly fun and imaginative dances setting a very high bar for next year’s event.

Boccia Festival, Jack Kane Centre January 2017

This year, the highest number of participants was recorded at the Boccia Festival, with just under 100 primary and secondary aged pupils given the opportunity to try Boccia in a friendly, non-competitive environment participating in six skill stations that were tailored to introduce new skills and techniques. A huge thank you goes out to Edinburgh Leisure staff as well as the Portobello 3rd year senior pupils who supported the event. Edinburgh was well represented on the day with those schools attending including St Crispin’s, Braidburn, Kaimes, Redhall, Oaklands, Pilrig, Woodlands and Prospectbank.

YOUNG AMBASSADORS PROGRAMME

For the first time, Young Ambassadors, (YAs) were recruited from Pilrig Park, Kaimes and Woodlands. The Young Ambassador programme gave the successful applicants a chance to work alongside Jill Coleman, Active Schools Coordinator for Equalities and Inclusion and PE staff from various schools in promoting sport within their school and get involved in and working alongside their mainstream Young Ambassador peers. The YAs have attended local and national YA conferences and a weekend outdoor learning residential. They were involved in fundraising and were given a range of training opportunities throughout the year.

As this was the first year special schools were involved with the YA programme, all that were involved including the young people, were able to provide thoughtful reflections on how the YA programme can be more inclusive providing opportunities to all those in special schools.

EXTRA-CURRICULAR ACTIVITIES

Extra-curricular clubs continue to be delivered both at lunchtime and afterschool. Clubs delivered this year included Basketball, Boccia, Multi-sport, pre-sports skills and Football. A big thank you to all the school staff and parent committees who have supported the clubs.

Below is a summary of the participant sessions throughout the special schools.

ASN PARTICIPATION

TRAINING

As part of the Fit to Coach education programme, Jill is responsible for developing training opportunities for coaches, volunteers and young leaders to ensure they meet all the needs of the pupils who access the Active Schools programmes, especially those who have additional support needs.

This year training has included UK Disability and Inclusion Training and Autism Awareness.

Disability Awareness Sessions were delivered by Jill along with Neil Herbert, Scottish Disability Sport and Andrew Raeburn, Lothian Disability Sport. Sessions were delivered to senior pupils from the Royal High School, Portobello High School and Firrhill High School. The sessions allowed pupils to support delivery of disability events including the Table Tennis Festival, The Boccia Festival and The Para Sport Festival.

A huge thank you must go to the special schools’ staff, pupils and parents, partnership organisations for making this another fantastic year!
INCLUSION LUNCHTIME CLUB INITIATIVE

Alan Reid, Active Schools Coordinator – St Thomas Cluster

A successful school initiative this year has been working alongside some of the mainstream schools in establishing ASN physical activity lunchtime clubs.

Schools with “inclusion base”, a place of respite for pupils who did not wish to be a part of the wider playground, were targeted to pilot these particular lunchtime clubs. Active Schools Coordinators from the relevant schools liaised with Senior Management teams to identify potential groups who would be invited to the lunchtime clubs.

The school response was fantastic with this initiative being deemed a priority in recognition that there were groups of pupils using “inclusion bases” at lunch time who were not active or taking part in any of the Active School opportunities.

Schools that took part in this initiative were Drummond Community High School, St Thomas of Aquin’s RC High School and Craigmount High School.

Further schools including Tynecastle High School are looking to get involved having identified a group of pupils who would benefit from a lunchtime club. Once a coach has been sourced, it is hoped a club will be offered at the High School.

The deliverers, who are often club coaches who work in partnership with Active Schools take a nurturing approach, incorporating low key activity often which is pupil led.

It is hoped that this successful initiative will continue next year.

CASE STUDY ON THE ASN LUNCHTIME CLUB AT ST THOMAS OF AQUIN’S HIGH SCHOOL

After piloting citywide clubs after school and sat mornings the Distinct Participants numbers were very low for ASN pupils taking part in activity. An ASN lunchtime club was offered to identified pupils within the High School in term 1.

A sports coach was recruited and visited the ASN base to meet the pupils in the first session to discuss possible activities and games which could be played each week. It was also a great opportunity for the coach to be introduced to the pupils and start to build a relationship with them.

6 pupils attended the first week and slowly but surely this increased to 12 by the fourth week. The sessions also progressed from ‘Just play’ sessions to a more structured sports activity session such as basketball.

Feedback at the end of term 1 was really positive from both the school staff and the pupils and it was requested that a longer block of sessions was introduced in term 2.

At the end of term 2, the ASN lunchtime club was invited to participate in the Play Unified Conference which will take place on 7th March 2017 at International Climbing Centre in Ratho.

Play Unified is a Special Olympics programme delivered in partnership with the Youth Sport Trust, which encourages schools to create unified sport opportunities integrating young people with learning disabilities with their peer mainstream pupils. Four members of the lunchtime club were truly inspired on the day, meeting athletes with disabilities who have achieved success and learning to work together.

It is hoped that the club will restart in the next academic year and continue to grow in numbers, encouraging more ASN pupils in the school to take part.
COACHING, VOLUNTEERING AND OFFICIATING

Active schools work with a workforce of 1600 coaches and volunteers all of whom contribute a great deal to the success of the extra-curricular clubs offered across the school estate.

72% of the distinct deliverers are volunteers with 565 of the 1144 volunteers qualified. There are 298 school staff, 133 parents, 170 cub coaches 40 students who voluntarily deliver sessions within the Active Schools extra-curricular programmes.

It is important that we continually develop the workforce through training which is why we offered a “Fit to Coach” training programme and, for the first time this year, offered 3 separate coach education weeks.

ACTIVE SCHOOLS DELIVERERS

CITYWIDE FULL YEAR DELIVERERS 2016-17

<table>
<thead>
<tr>
<th>Citywide VOLUNTEER</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th>Other Deliverers</th>
<th>SL</th>
<th>NGB/SGB</th>
<th>PE Qual</th>
<th>Dance / Fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Name</td>
<td>Teachers</td>
<td>PE Teachers/ Specialist</td>
<td>Other School Staff</td>
<td>Parents</td>
<td>Club Coaches</td>
<td>Professional/Sessional coaches</td>
<td>Students</td>
<td>Secondary Pupils</td>
<td>SDOs</td>
<td>Other Deliverers</td>
<td>SL</td>
<td>NGB/SGB</td>
</tr>
<tr>
<td>Total</td>
<td>149</td>
<td>116</td>
<td>33</td>
<td>133</td>
<td>170</td>
<td>14</td>
<td>40</td>
<td>463</td>
<td>12</td>
<td>28</td>
<td>223</td>
<td>418</td>
</tr>
<tr>
<td>Qualified</td>
<td>80</td>
<td>80</td>
<td>13</td>
<td>62</td>
<td>104</td>
<td>12</td>
<td>16</td>
<td>183</td>
<td>11</td>
<td>14</td>
<td>123</td>
<td>124</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Number of Coaches</td>
<td>1158</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Qualified Deliverers</td>
<td>827</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Citywide PAID</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th>Other Deliverers</th>
<th>SL</th>
<th>NGB/SGB</th>
<th>PE Qual</th>
<th>Dance / Fitness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Name</td>
<td>Teachers</td>
<td>PE Teachers/ Specialist</td>
<td>Other School Staff</td>
<td>Parents</td>
<td>Club Coaches</td>
<td>Professional/Sessional coaches</td>
<td>Students</td>
<td>Secondary Pupils</td>
<td>SDOs</td>
<td>Other Deliverers</td>
</tr>
<tr>
<td>Total</td>
<td>3</td>
<td>11</td>
<td>3</td>
<td>196</td>
<td>203</td>
<td>13</td>
<td>3</td>
<td>9</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Qualified</td>
<td>2</td>
<td>4</td>
<td>122</td>
<td>111</td>
<td>7</td>
<td>2</td>
<td>5</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Number of Coaches</td>
<td>445</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Qualified Deliverers</td>
<td>398</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
COACH EDUCATION

FIT TO COACH TRAINING PROGRAMME
Jonathan Wallace, Active Schools Coordinator and CVO lead

This year Active Schools Edinburgh ‘Fit to Coach Training’ Programme provided quality training courses and sessions for all volunteers and coaches delivering across the four neighbourhoods within Edinburgh.

We were once again able to offer any volunteer or coach free access to a number of Positive Coaching Scotland and Safeguarding and Protecting Children Courses, in addition to First Aid and Disability Inclusion Training at a very low cost.

In total, across the academic year 2016 – 2017, Active Schools Edinburgh delivered; four Positive Coaching Scotland – Double Goal Coach Workshop’s, five Safeguarding and Protecting Children Workshops, five Emergency First Aid for Sport Coaches Workshop’s, one Disability Inclusion Training (DIT) Workshop and one Autism Awareness Workshop. A total of 211 qualifications were awarded.

In addition to this core programme, next year, at volunteer and coach suggestion, we will be adding extra DIT and Autism Awareness Courses as well as a number of Sport Specific Introductory Level Qualifications. These will be introduced throughout the year, and will take place in both the East and West of the city due to a collaboration of work from our four neighbourhood teams. Each will be available to all those engaged with the Active Schools Edinburgh Network.

COACH EDUCATION WEEKS

August 2016

Forrester/ St Augustine’s held a coach Education week held in August 2016. A variety of qualifications was offered to senior pupils and clubs in the local area.

60 people gained qualifications in Athletics, Swimming, NPLQ, Volleyball and Basketball. These leaders have supported events and programmes at the Sport Hub including the Triathlon and Autumn Games as well as assisting with Active Schools programmes.

October 2016

The South West Edinburgh Active Schools team delivered a Coach Education week in October 2016 for coaches, volunteers and senior pupils across the city.

69 participants took part in Hockey Leaders Coaching, Hockey Umpiring, Badminton Basics Course, Basketball Referee Course and Netball Umpiring Course. Senior pupils came from St Augustine’s RC HS, Craigroyston HS, Currie HS, Firrhill HS, Boroughmuir HS, Drummond HS, Tynecastle HS, Royal HS, Balerno HS, Forrester’s HS, Craigmont HS attended as well as teachers from Gracemount PS and Liberton HS.

11 participants took part in the Badminton Basic Course at Currie High School. The course was organised in partnership with Ryan Harrower (Racquet Development Officer for City of Edinburgh Council), BADMINTON Scotland and Active Schools.

16 participants attended the Young Leaders Hockey Coaching and 13 attended the Hockey umpiring Course. The courses were delivered by Scottish Hockey at Firrhill High School. Following the course pupils carried out practical sessions at their local school and club training which allowed them to gain confidence in umpiring. They all successfully worked towards gaining their Youth Umpire Award.

16 pupils participated in a Basketball Club Schools Referee Course supported by Basketball Scotland at Tynecastle High School. The pupils were provided with a whistle and rules book and taught how to officiate by experienced referee, David Davies. Opportunities were offered to all those who took part in the course to officiate in the East Regional Development Leagues taking place at the Oriam.

13 pupils attended the Netball Umpiring course supported by Netball Scotland.

It is anticipated that all the Coach Education Week Participants will assist in the various sports across the city within their schools and local community and further develop opportunities for young people across Edinburgh.

February 2017

The National Pool Lifeguard Qualification and UKCC Level 1 Teaching Aquatics courses were delivered at St Augustine’s/Forrester.

15 candidates including 2 senior pupils were on the UKCC Level 1 and 10 candidates all of which were senior pupils were on the NPLQ. Both courses were fully subscribed and all participants the courses.

All the senior pupils passed their final assessments and are now either qualified Life guards or Level 1 swim coaches who help with Active Schools sessions across the city.

St Augustine pupils were asked to commit to 10 voluntary hours as part of the condition for gaining the qualification. The senior pupils went on to support Active Schools events including the Para Sports Festival and the Games at the Hub event.
The senior pupils also assisted a coach on Mondays and Thursdays at the school swim club.

Free swimming lessons were offered twice daily for the duration of the swimming course with over 200 pupils from p1-7 attending the 8 lessons. The response to this ‘free’ week of swimming was overwhelming. Parental feedback was very positive.

VOLUNTEERING

Recruiting volunteers to deliver within the Active Schools programmes is a main focus for the Active Schools team and this year was no exception.

Volunteering opportunities are promoted to all those who work with Active Schools including parents, teachers, students, pupils and club coaches.

The Edinburgh team has recently gone through bespoke volunteer management training which allowed the team to reflect on how Active Schools were recruiting, developing and retaining the network of volunteers who currently work with the team and look at how we can recruit more effectively ensuring the right person is delivering the right session.

This year a volunteer working group was set up to ensure the whole team were focused on developing and retaining the large number of volunteers recruited. It was also the responsibility of the working group to develop a volunteer framework for the team and a user friendly volunteer handbook, giving guidance and support to the volunteers.
The year is not complete without the key events Active Schools run across the city. The essential partnership working is brought into its own when delivering such events and our thanks goes to local clubs, governing bodies, young leaders, volunteers, schools and the pupils who support these events.

**TRIATHLON**
The Active Schools team, in partnership with Triathlon Scotland, hosted a primary and secondary Triathlon event at the Forrester/St Augustine’s Sports Hub on Wednesday 28th September.

16 primary schools with almost 600 primary pupils, 5 high schools with 150 secondary pupils and 1 special school attended throughout the day resulting in just under 800 pupils participating in the multi-activity event.

Pupils warmed up with triathlon coaches from Edinburgh #3 and Edinburgh Road club and were then ready for the main event starting with a swim round the pool, followed by a quick change and dash outside to be fitted out with a helmet and bike, a cycle around the school campus and finishing off with a run around the school field.

Triathlon Scotland also provided some scooters for those pupils unable to cycle, so everyone was able to participate. At the end of the race, pupils were able to try out a few additional activities, including lacrosse with Edinburgh University club, athletics and hockey.

The event was led by Active Schools Co-ordinators and supported by staff from Triathlon Scotland, Soul Cycles and 80 senior sports pupils from Forrester, St Augustine’s, Royal High and Firrhill high schools. Our thanks goes to all the volunteers whose support was invaluable.

**HUB AUTUMN GAMES**
**AUTUMN GAMES – BROUGHTON COMMUNITY SPORTS HUB**
Cat McCready, Active Schools Coordinator and Broughton Hub Officer

The third annual Autumn Games Event was held on Monday 10th October 2016 for over 400 Primary 7 children from schools in the North West of Edinburgh neighbourhood. The schools came from the Queensferry Cluster, The Royal High School Cluster, Craigroyston Cluster and Broughton Cluster. The event allowed pupils to experience an element of both participation and competition in 1 of 6 sports, delivered by clubs based out of Broughton High School Community Sports Hub: Fencing (Fencing Fun/Salle Holyrood), Football (Elite Soccer Limited), Lacrosse (Capital Lacrosse), Rugby (BATS Rugby), Gaelic Football (Dunedin Gaelic Football Club and Tae kwon Do (Luke McGowan’s Tae Kwon Do). The event was also supported by over 30 pupils from Broughton High School who helped the coaches deliver to the children. The winners of each sport were:

- **Fencing** – Cramond Primary
- **Football** – Flora Stevenson Primary
- **Lacrosse** – Craigroyston primary
- **Boys Rugby** – Cramond Primary
- **Girls Rugby** – Cramond Primary
- **Gaelic Football** – Blackhall Primary
- **Tae Kwon Do** – Echline Primary
AUTUMN GAMES – FORRESTER/ ST AUGUSTINE’S COMMUNITY SPORTS HUB

Shona Clark, Active Schools Coordinator and Forrester/ St Augustine’s Hub Officer

400 primary 7 pupils from 11 schools across the North West Neighbourhood took part in the first Autumn Games to be held at Forrester/ St Augustine’s Community Sport Hub. The Sport Hub clubs delivered sessions including Hutchison Vale delivering Girls Football, JETS delivering Volleyball and Forrester RFC delivering Rugby. The remaining activities were delivered by Sports Leaders including Forrester’s Sport and Recreational group and Forrester’s Young Ambassadors; Katie Findlay, Kimberley Boyd, Jamie Cottle, Connor Webb and Rachael Stevendale. A Huge thank you must go to all the young leaders whose efforts were invaluable.

Well done to all schools, Sport competition winners:

- Cricket – Gylemuir
- Boys Football – Gylemuir
- Hockey – Carrick Knowe
- Tennis – Carrick Knowe
- Athletics – Fox Covert
- Girl’s football – St Cuthbert’s
- Rugby – Roseburn
- Volleyball – St Jospeh’s

GIANT HEPTATHLON

Tony Segall, Active Schools Coordinator and Athletics Lead

Active Schools co-ordinated the Edinburgh heats of the Scottish Athletics Giant Heptathlon competition this year.

Giant Heptathlon is an exciting participation and competition format for S1 and S2 year groups which provides opportunities for pupils to participate in a range of seven running, jumping and throwing activities within a fun, team-based environment.

Each team is made up of fourteen pupils (seven boys, seven girls) who compete as a team, with every team member taking part in each activity.

Three heats took place across the city. The North West neighbourhood event which took place at The Royal High School on 26th January, with six schools competing. Castlebrae High School held the next event on 1st February where five schools from the North East neighbourhood competed. The final round was held at Liberton High School on 6th February which welcomed five schools from the South East Neighbourhood.

All schools brought full teams and fed back very positively about the events commenting that all the pupils enjoyed themselves. The events were well supported by club coaches, and we would like to thank the host schools for giving us use of their games halls.

At the end of three high-energy afternoons, Portobello High School and Boroughmuir High School qualified as the top two Edinburgh schools to progress to the Regional Final at Meadowbank, with Boroughmuir High School achieving second place at this event. Well done to all schools for taking part.

DANCE EXTRAVAGANZA

Alan Reid, Active Schools Coordinator and Dance Lead

This year all the Active schools extra-curricular dance clubs worked towards the second annual Active schools dance Extravaganza which was held on Tuesday 28th February 2017 at the Churchill Theatre in Edinburgh.

The 4 neighbourhoods, namely South East, South West, North East and North West hosted Christmas shows in December 2016. Following these shows, 2-3 schools from each neighbourhood were invited to perform at the Dance Extravaganza.

Twenty primary and secondary dance groups from across the city performed magnificently
to a capacity crowd of over 300 proud parents and guardians.

The show was opened and closed by professional performance dance groups, namely Edinburgh Dance Academy and Twisted Perfection. Both performances were an inspiration to all those who took part on the night.

Back stage there was even a pop up hair salon for the performers to glam up their hair. The pop up Salon was provided by local high school pupils training to be hairdressers.

All performances were brilliant and the expert judging panel made up of 3 professional dancers had to make some tough decisions at the end of the night. Laurie Doonan is BA student at Performing Arts Studio Scotland (PASS), based in Edinburgh College Sighthill Campus. Laurie is in her final degree year of dance college having just performed their BA Taking Flight Tour. Jenni Inglis is the Artistic Director of Modern and Performing Arts at Edinburgh Dance Academy. She has taken these disciplines and the EDA Performance Groups to incredible levels, frequently at national and worldwide competitions and her choreography and leadership have been on display at some of the UK’s most prestigious venues. Jenni is much in demand for guest teaching and judging in Scotland and beyond and Lucy Walker received her early training at the Edinburgh Dance Academy. When she was 16 Lucy was one of eight British girls who successfully gained a place at the prestigious English National Ballet School in London. Lucy has since danced and choreographed professionally.

Pirniehall Primary School triumphed in first place just pipping Castleview Primary Schools and St John Vianney Primary School into second and third place respectively.

South Queensferry achieved 1st and 2nd place in the High School’s competition with an impressive Liberton High School taking 3rd place.

PARASPORT FESTIVAL

Jill Coleman, Active Schools Coordinator

The sixth annual Para Sport Festival took place at Forrester / St Augustine’s Community Sports Hub, Edinburgh on Friday 24th March, attracting 71 school aged pupils with a physical or sensory impairment from across the East of Scotland. The Para Sports Festival aimed to provide a platform for young people from the mainstream education environment an opportunity to access sports delivered by experienced coaches while also raising awareness in Para Sport.

The number of young people attending the event has grown year on year since its inception in 2012 and demonstrates a strong picture of partnership working
between Scottish Disability Sport and Edinburgh Active Schools with significant input from key organisations including Lothian Disability Sport and Edinburgh Leisure. Active Schools Coordinators from Edinburgh provide a pivotal presence on the day, facilitating the event and leading the groups of young people throughout while making them feel welcome and supported for the day. Jill Coleman, who has the responsibility for Disability and Inclusion within the Active Schools team in Edinburgh commented, ‘The festival is one of the highlights in the Edinburgh Active Schools school sports calendar, not only is it a fantastic sporting event for the young people in our schools but it also creates an opportunity for dialogue with young people and their parents regarding further potential sports development in schools and the wider community.’

The day is also supported by some Scottish Governing Bodies and delivered by local inclusive clubs from the region, providing a direct link for any young people who are keen to make that transition into more regular sporting opportunities. The sports delivered on the day were Athletics, Badminton, Boccia, Judo, Powerchair Football, Swimming, Tennis and Wheelchair Basketball. Additionally, parents are encouraged to attend and stay for the duration of the event and providing an insight to disability sport and the opportunities that are available to their sons / daughters in local and surrounding areas. This is supplemented by the event Market Place which invites associated organisations to promote their services to parents, young people, professional officers, coaches and volunteers.

Neal Herbert, Scottish Disability Sport Regional Manager (East) highlighted,

‘The event continues to grow each year, demonstrating its popularity and significance across the East of Scotland. From the 71 young people who attended on the day, just over 50% were previous attendees while the other young people were attending for the first time, highlighting the hard work carried out by all local partners to identify and support these young towards the event.

The region has some of the country’s leading sports clubs and they are central to the success of the event, the task is now to help support all interested young people into a regular sporting opportunity’.

GAMES @ THE HUB

This was the fifth year the Active Schools Annual Games @ the Hub event took place with just short of 70 primary schools taking part, including 4 special schools. Over 1400 upper primary pupils came to Forrester/St Augustine’s High School on a warm May day to take part in the event. Active Schools take great pleasure in hosting this fantastic event now dubbed the largest sports day in the city. The aim is to celebrate Active Schools by inspiring young people to take part in physical activity and sport and motivate them to continue staying active.

Stewart Harris, Chief Executive of sportscotland, said: “The annual Games @ the Hub event is an incredible opportunity to inspire children and young people to participate in sport and physical activity. It is encouraging to see so many pupils taking part from a wide range of schools in the largest sports day in the city and many sports and activities being included. This event is a great example of the dedication and hard work of the Active Schools teams and volunteers."
“Our partnerships with local authorities help strengthen our Active Schools network across Scotland and together we will continue to ensure that children and young people in Scotland have access to opportunities to get involved and progress in sport and physical activity at every stage.”

Games @ the Hub is a citywide event with all Edinburgh primary schools invited to participate and bring teams of up to 10 pupils, (both boys and girls) to take part in their chosen sport(s) of which there were 13. This year we saw the addition of Gaelic Football and Dance, both of which proved extremely popular with the pupils.

The teams took part in a skills based session to start the day and then progressed into a competition environment in the afternoon with a Games @ the Hub shield up for grabs in each sport. Additional sports involved in the day included hockey, football, rugby, basketball, netball, cricket, volleyball, Lacrosse, swimming, Judo, (special schools) and athletics.

The day would not be possible without the strong partnership working Active Schools have with governing bodies, local colleges, local community clubs and secondary schools, all of whom provide volunteers not only to deliver in the many extra-curricular programmes across the city but also to deliver and support many events including the Games @ the Hub. Active Schools are currently working with over 1,100 volunteers, 450 of them being senior pupils from the secondary schools across the city.

The volunteers played a crucial part in the day, with some delivering alongside governing bodies and local clubs and others officiating and assisting with the coaching sessions throughout the day.

**Cricket** this year saw 12 schools battle it out in six rounds of caterpillar cricket. Teams of ten took to scoring as many runs as possible while the fielding team had to get their passes in quickly before returning the ball to the stumps. St Peter’s Roman Catholic School were the highest scorers of the day, including an almost perfect 99 out of a possible 100 runs in one match. However, it was Sciennes Primary School who emerged in first place with fantastic consistent performances throughout the day showcasing their cricketing prowess with brilliant catching, fielding, bowling and batting. The Cricket Development team, James Ross Cricket Development Officer for the council and Joe and Olivia from Cricket Scotland, would personally like to thank all the teachers, volunteers, helpers and pupils for making the event a big success and we look forward to working with many of the schools over the coming year!
Basketball this year was a great success. 10 schools and 100 pupils developed new skills in the morning session with the help of experienced club coaches from Boroughmuir Blaze, City of Edinburgh Basketball and Basketball Scotland. The pupils got to love being ‘on defence’, shooting some baskets and learning more about ball handling and dribbling. The afternoon session saw 10 schools battle it out in competitive games with the winners of the two leagues having a final match to decide the overall winners... and what a final it was! There was nothing between St. Cuthbert’s Primary School and Abbeyhill Primary School with the final going into extra time and then to a ‘penalty shoot out’ situation. Abbeyhill Primary School held their nerve to take the title of Basketball Winners 2017. Cat McCready, basketball lead in the Active Schools team would like to send many thanks to all the volunteer coaches for bringing equipment, taking the skill sessions and officiating the competitive games. Congratulations to all the schools that came along and made basketball just as enjoyable as ever!

Netball saw 96 pupils participate in fun skills, drills and games. The games were played over 3 courts with 4 teams on each court, drawn at random, playing a round robin tournament. Scores were noted, top teams from each court then played each other to find a winner for the day. Shirley Banks, Netball Lead for the Active Schools team commented that “there was some great netball played, some teams were new to netball other teams had some experience and congratulations going to Duddingston Primary School who were the overall winners”. Everyone joined in, played their best and had fun. It was fantastic to see so much netball being played. The day was supported by volunteers from Dunedin netball club, St Peter’s primary school netball club, East District Coordinator and Netball Scotland’s East development worker Blair Cremin. The support from all of these club volunteers and Netball Scotland is invaluable and the netball session could not have run without this support.

Athletics was another success this year with groups of 10 pupils from 12 schools taking part in running, jumping and throwing activities where they learned a range of athletics skills. In order to add an element of competition, the pupils gained points across six challenges: 60m Sprint, Javelin, Speed Bounce, Obstacle Course, Long Jump and 5 * 80m Relay Races.

The pupils were joined on the day by Scottish International High-Jumper, Allan Smith. Allan gave pupils advice on how to develop their skills and as well as talking about his own training and competition schedule. Active Schools would like to thank Allan for taking time to come along to the event.

Active Schools would also like to thank the students from Edinburgh College and coaches from local clubs for delivering the activities and encouraging the pupils throughout the day. Volunteers are so valuable on days like this. We couldn’t have done it without them! In advance of the day Active Schools organised for schools to have taster sessions provided by club coaches and it was rewarding to see pupils putting into practice the skills they had learnt in training!

Congratulations to all 12 schools which took part and in particular to overall winners, Towerbank Primary School. Active Schools hopes the event inspired pupils to continue with athletics and may even consider joining an athletics club.

This year saw 20 schools and over 200 p6 pupils take part in the new fun packed dance work shop. The morning session included a whole group warm up, with some fun games and the demonstration of the dance the pupils were to perform later in the day. All pupils then learned the dance moves to Justin Beiber’s hit tune, Dance, Dance, Dance. After a quick lunch break and a well-earned refreshing drink in the glorious sunshine, the pupils were expertly coached and mentored by our Edinburgh Dance academy coaches and mastered their moves to the routine. At 2pm, when everyone from all sports were back on the field, the dancers closed the Games @ the Hub event by performing in front of the 1400 fellow peers. An amazing achievement by all the pupils and a fantastic spectacle to end a great day.

Four of Edinburgh’s special schools attended the event including: Redhall, Rowanfield, Kaimes and...
Prospectbank. Pupils had the opportunity to take part in three sports throughout the day.

The morning session began with the children being introduced to Judo by Judo Scotland’s Regional Disability Development Officer, Johnny Imrie. Johnny is an ambassador for Judo within the special schools and annually delivers a programme of taster sessions as well as leading a weekly ASN Judo Club.

This was followed by an athletics session delivered by a team of qualified coaches from local community clubs. Pupils took part in a number of fun relay races, javelin, sprints and standing long jump. Rowanfield worked with Play2Learn’s Dave Upton, currently supporting extra-curricular delivery within several special schools, and gave it 100% on some strenuous team challenges.

The day ended with all schools participating in a basketball session delivered by Boroughmuir Blaze Basketball Club. Players participated in a range of skills based activity including shooting, passing and dribbling.

Smiling faces at the end of the day were a great indication of the enjoyable day had by all!

We were delighted to have David Bruce, Service Manager for Communities and Families present the shields to the winning teams on the day, along with Stephen Rafferty, Head Teacher at Forrester High School and Mrs C Chrystal, Deputy Head Teacher at St Augustine’s High School.

David commented that it was fantastic to see so many pupils taking part in so many different sports in such an amazing facility as is Forrester/St Augustine’s High School, without which the scale of this event would not be possible. Congratulations goes to the Active Schools team for hosting such a successful event and bringing together the many partners who inspire and motivate young people to get active and stay active.

David said “our strong partnership with sportscotland allows City of Edinburgh Council Active Schools team to continue to provide many varying opportunities for the pupils in Edinburgh, allowing them to participate at all levels and progress at all stages supporting lifelong participation in sport and physical activity”

Stephen commented that “Games at the Hub was a huge success this year. The enthusiasm and energy of all the young people created a great atmosphere and a buzz around the whole campus. It is clear that the organisation and support in the lead up to, and during, the event were outstanding. The coaches and volunteers running each activity deserve a huge amount of credit for the way they worked and connected with the young people. Finally, completing the day with Dance on such a massive scale was impressive”.

Pupils fed back to the team on their thoughts of the day and these included:

‘AMAZING’

‘IT WAS A SUPER MEGA DAY’

‘IT WAS SO MUCH FUN’

‘OUTSTANDING!’
CONGRATULATIONS AND THANKS GOES TO ALL THE SCHOOLS WHO TOOK PART ON THE DAY AND SPECIAL CONGRATULATIONS TO THE WINNING SCHOOLS WHO WERE:

RUGBY
Broughton Primary School

FOOTBALL
Echline Primary School

ATHLETICS
Towerbank Primary School

VOLLEYBALL
St David’s RC Primary School

MOST ENTHUSIASTIC
Kaimes Special School

BEST ATTITUDE
Rowanfield Special School

MOST RESPECTFUL
Redhall Special School

JUDO
Prospect Bank Special School

BASKETBALL
Abbeyhill Primary School

NETBALL
Duddingston

HOCKEY
South Morningside

SWIMMING
Broughton Primary School

CRICKET
Sciennes Primary School

LACROSSE
Cramond Primary School

GAELIC FOOTBALL
Taobh Na Pairca

DANCE
Niddrie Mill Primary School

THE ACTIVE SCHOOLS TEAM WOULD LIKE TO THANK ALL THE SCHOOLS WHO TOOK PART IN THE EVENT THIS YEAR AND SHOWED THEIR SUPPORT FOR ACTIVE SCHOOLS. WE ALL LOOK FORWARD TO WELCOMING YOU BACK NEXT YEAR. BE SURE TO SAVE THE DATE: WEDNESDAY 23RD MAY 2018.