



sportscotland  
**activeschools**  
ORKNEY



# ANNUAL REPORT

August 2018-July 2019

# Contents

Introduction	1
Curriculum for Excellence	1
Active Schools Staff	2
Manager's report	2
Sport for Life	3
Active Schools Aims	
Priorities	4
Participation	4
Partnership working and promotional links	4
Coach Education and Volunteer Training CPD	5
Annual Sports Awards	5
Al Kellock School Visits	6
Lunchtime and After School Clubs	7
Holiday programmes	12
School Events	13
School Sports Competition	15
School Sports Awards	16
Sunday Mail Scottish Sports Awards	17
ClubGolf	17
Transition Sport	18
North Isles Sports	19
Leadership	
Young Leaders	20
Sports Leaders UK	21
Young Ambassadors	23
Festivals	
Peedie Isles Schools Rugby	24
West Cluster Netball, Hockey and Badminton	24
Volunteer of the Month	25
Continuing Professional Development	26

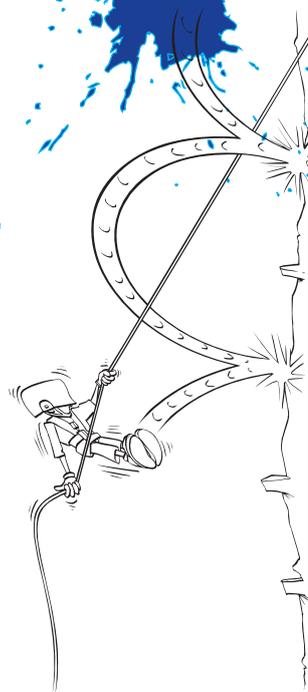
## Contact details

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](mailto:active-schools@orkney.gov.uk)

Website: [www.orkney.gov.uk](http://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](http://www.teachingscotland.org.uk))

## ACTIVE SCHOOLS STAFF

Orkney Active Schools consists of a Manager and 1 full time and 3 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**

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

**Kirsty Spence**

Kirkwall Grammar School, Papdale Primary School, Glaitness Primary School, Orphir Primary School

**Carolynn Leslie**

## MANAGER'S REPORT

The Active Schools programme has been running in Orkney since 2004, something that has only been possible through the hard work of the Active School Coordinators and the continued support from both Orkney Islands Council and SportsScotland.

It has been another outstanding year for Orkneys Active Schools Team, something that is clearly demonstrated by the 2018/19 ASMO data, which shows 50% distinct participation in Active Schools activities and an increase of over 14,000 participant sessions when compared to the previous year.

As we all know data only tells part of the story, and Orkney's Active Schools Team do so much more than can be demonstrated through numbers. The partnerships the team continues to support and develop, the volunteers they recruit and mentor and the activities that they run all impact on the lives of Orkney's young people in a range of ways, the majority of which can't be captured by numbers

This year saw a new four year partnership agreement between Orkney Islands Council and **sportscotland** being signed which secured Active Schools in Orkney until 2023. The first schools in Orkney were also awarded Gold as part of the national School Sports Awards, an award that encourages schools to continuously improve their physical education and school sport that has been truly embraced by a large number of Orkney's schools.

This achievement along with the continued work the team carries out across a range of other programmes and activities shows what can be achieved by a small but highly committed team of people.

It is important to reflect on all the achievements of the previous year, but as important is to focus on the opportunities that lie ahead in the future.

I would like to take this opportunity to thank all of the Active Schools staff as well their wider partners for all the hard work they have put in, not only this year but over the last 15 years, and I look forward to the future.

Yours sincerely

**Garry Burton**  
Sport and Leisure  
Service Manager  
Orkney Islands Council

# Sport for Life

sportscotland's new corporate strategy, Sport for Life, was launched earlier this year. Active Schools Co-ordinators, Scottish Governing Bodies and sporting organisations were invited to the Highlands and Islands Regional Networking event, in Inverness; to be introduced to the strategy. During the conference, Orkney Active Schools Co-ordinator, Carolyn Leslie, joined a guest panel, to answer questions regarding Sport for Life.



# Active Schools Aims

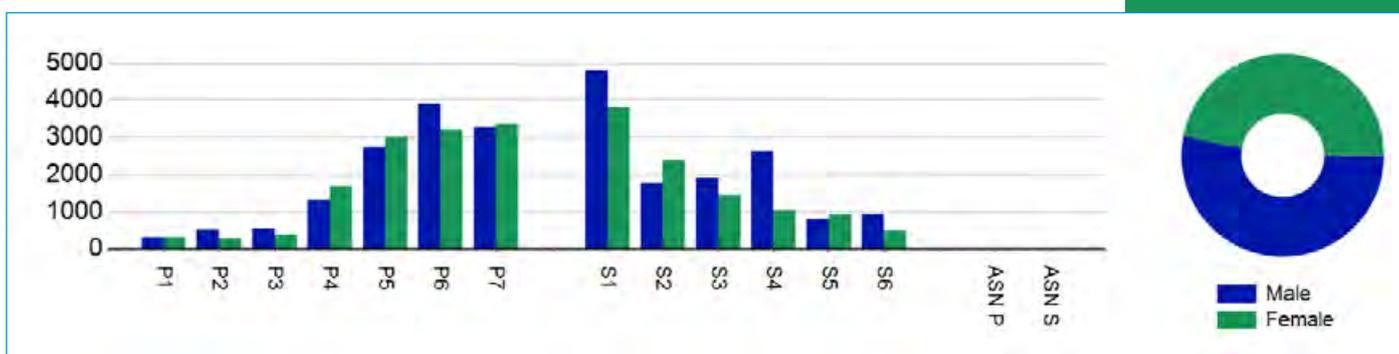
## National Priorities

- 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 2018 to 2019, 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

Course	Level	Numbers attending
Bikeability Cycling Scotland	Cycle Trainer Assistant (SCQF Level 5)	13
ClubGolf Scottish Golf	ClubGolf Workshop	5
Competitive Organiser Training <b>Sportscotland</b>	<b>Sportscotland</b> Qualification	4
In Safe Hands Training Children's 1st	<b>Sportscotland</b> Qualification	21
Introduction to Multi-skills <b>Sportscotland</b>	<b>Sportscotland</b> Qualification	6
Safeguarding and Protecting Children workshop - step 1 – <b>Sportscotland</b>	<b>Sportscotland</b> Qualification	51



## Annual Orkney Sports Awards

In January, Active Schools hosted another hugely successful Orkney Sports Awards at the KGS Sports Centre. Supported by sportscotland, The Orcadian, WHB Sutherland's, Orkney Builders, the Pickaquoy Centre, Orkney Television Enterprise, Cycle Orkney and Logo Orkney, this event celebrated the successes and hard work of Orkney's sporting athletes and volunteers. The duo of Robbie Fraser and Liam McArthur kept the proceeding for the evening running smoothly. A fantastic turnout of over 300 attendees saw the dining hall area packed creating a fantastic atmosphere to the evening.

Al Kellock, an Ambassador for Scottish Rugby attended as a guest speaker and was interviewed by Liam and Robbie on his career and involvement with the Scottish Rugby Team. Al was a huge hit especially with the younger people in attendance.

The event was run in the same format as the past year which has proven to be part of the success of this event. An array of athletes and volunteers were shortlisted with every finalist being worthy of winning the accolade. All ten awards were well represented and the panel's job of deciding the winners was not an easy task. The Performance of the Year award was chosen by public vote and proved very popular with the public. The Service to Sport award was presented to long standing Squash volunteer and player Mike Stout. Mike had been involved with the club for 40 years as a member of the committee as well as a coach. The Sportsperson of the Year was presented to Sarah Macphail who was recognised for her involvement with the Scottish National Netball Team and also the Sirens' franchise who take part in the English Vitality Superleague.

ORKNEY SPORTS  
AWARDS 2018

The  
**Orcadian**

**sportscotland**  
the national agency for sport



Photo Orkney Media Group

## Al Kellock School Visits

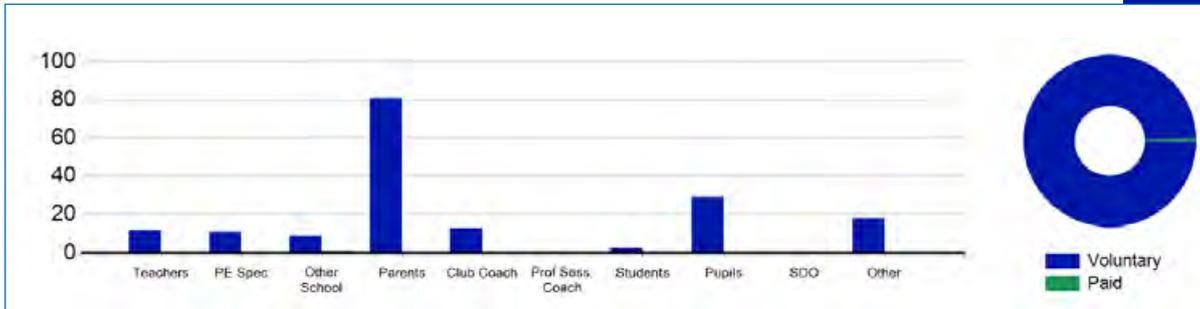
Whilst Al was in Orkney for the Sports Awards, he took the opportunity to visit a couple of local schools. St Andrews Primary School and Kirkwall Grammar School had the honour of receiving these visits. Al spoke about the benefits of taking part in sport and the life lessons that he had learned, the importance of leadership and the impact it had on his career and life in general. The pupils then had the opportunity to ask him questions which they eagerly engaged in.

Al also led a Rugby session after school which took place at the Kirkwall Grammar School. Kirkwall and Stromness pupils were invited to attend with the Stromness pupils travelling to Kirkwall at the end of the school day for a joint session.



## 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 at lunch time and after school clubs, these activities would not be able to run. The largest percentage of volunteers are parents. The table below gives a breakdown of the volunteers who contribute to running of lunch time and after school activities.



### West Cluster

Stromness Academy have been organising lunch time clubs for the past 2 years now. The activities offered during lunch time are selected, organised and delivered by Academy leaders and supported by P.E staff. An example of activities on offer during lunch time include:

- Badminton / Table Tennis
- Parkour / Step Aerobics
- Football / Netball
- Fitness Suite
- Volleyball

Additional to these activities during lunch time, Stromness Academy also offer volleyball and roller derby as after school clubs too.



### Roller derby

This activity has been delivered by Miss O'Connor, who travelled south to get qualified to coach this sport. Pupils also benefit from doing something different from the traditional sports that are often on offer within the school.

*"I love doing roller derby. It gives me such a buzz. It's really good learning how to do many of the skills related to roller derby. I also like going to Kirkwall Grammar School to skate in the bigger hall".*

Caitrin (S4)

## Stromness Primary School

have also tried to offer something different during the school day. P6-7 leaders completed some leadership training and then decided to offer lunch time clubs for P1-2 and P3-4 classes.

Leaders would select games, plan and then deliver during lunch time.

*"I really enjoy taking the games and the children are always asking me, what games are we playing to-day?"* Eve (P6)



## Kirkwall Cluster

To achieve their 'Gold' School Sport Award, this year pupils, staff and community volunteers have been working hard to increase participation at Kirkwall Grammar School. A number of new sessions have been introduced to encourage pupils to get involved in sport and physical activity.

### Trampolining

Kirkwall Grammar School pupils have shown a keen interest in trampolining this year, requesting extra-curricular session. Therefore, with thanks to the PE Department, sessions began taking place at lunchtime.

*"We're often at a loose end at lunchtime, sometimes we go to the shop and we also love the football, but it's usually packed so we like to go to be a bit more active. I go with friends and we all really enjoy it. I like that you can do it in the school, we just have lunch quickly, get changed and then go straight to trampolining. Then you still have time to get changed and get back to class in time. Mr Watt sets up the trampolines and usually lets the girls have one and the boys have one, then we show each other tricks and we sometimes challenge the girls to see if they can do the stunts too."*

Jake (S1)

### Table Tennis

Table Tennis is Kirkwall Grammar School's newest club, which started in Term 4. The club attracted teachers and pupils. We think the teachers might be the most competitive!!

*"I have decided to take the Table Tennis Club at lunchtimes. To be honest, I just wanted to provide a platform or better still an opportunity for those who are not keen on contact/outdoor sports like football; to have something to do sports wise. It is my hope that this gives them that sense of belonging and self-worth they need to achieve their full potential."*

Mr Ogbhemhe (Teacher)



## Parkour

*"Pupils have been making steady progress on skills and are beginning to apply them under more pressure through running chases, courses and times."*

Mr Garson (Teacher)

*"I like doing cool jumps like off the walls and boxes. It's the only day of the week that I have free, so I decided to go to a school club. I like that Parkour lets me try and learn new things."* Ryan (S1)

## Netball

*"Participants are so enthusiastic to play netball at lunchtime therefore, it's a pleasure to facilitate the session. It's also amazing seeing senior pupils give up their free time to support the club; by umpiring and offering advice to younger participants."* Carolynn Leslie (Active Schools Co-ordinator)

*"I go to netball because it's fun and I like being active. I go to Netball Orkney training but like the opportunity to take part more than once a week to try and improve my skills. It's also good to socialise with people that I don't have in my classes or usually speak with."* Eilidh (S2)



## Girls Football

*"I do it because I enjoy the sport and like to promote girls' and boys' football in the community. It's also a good opportunity to promote community stuff in the school and create school to club links."* Joanne Bamford (Orkney Youth Development Group)

*"I really enjoy football and have played since I was 'peedie'. I love the competitiveness in football and I'm looking forward to playing games with the girl's team, rather than always playing mixed."* Ellie (S3)

## S1 Fitness

*"S1's are being given the opportunity to experience fitness equipment in a supervised situation; where they can find out if they like using this equipment. We have currently had 25% of the S1's try out the fitness suite, with many of them coming back because they have enjoyed their experience."* Mr Bennett (PE Teacher)

*"I like going to the fitness suite at lunchtime because it gets your fitness up and there's nowhere else that you can access a fitness suite at my age in Orkney. I try to do something sporty every day and Wednesday is one of the days that I don't have anything else on. It's fun to go with my friends and it will also help me improve at Orkney Athletics Club."* Ava (S1)



The Primary Schools have been working hard too, trying new sports throughout the year:

## Running Club

Community volunteer, Ian Sutcliffe, inspired participants, not only with his coaching but also by sharing his news that he had been picked to represent Scotland in the age group master's marathon later in the year.

*"When I first started, I could only get half way around the pitch and now I can get the full way without stopping."* Summer (P5)

*"I've really enjoyed coaching, they've been a really enthusiastic and hardworking bunch, so it's made it really enjoyable"*

Ian Sutcliffe (Running Club Coach)

## Hockey

Coaches from Orkney Hockey club delivered sessions to Papdale and Glaitness pupils during Term 1. Participants got the chance to learn and develop their hockey skills in preparation for attending Orkney Hockey Club Youth Development sessions.



## Peedie Isles Cluster

### ROUSAY

The sports committee have been working to increase their school sport participation and the committee wrote a letter to Jo Inkster, a local resident who is part of the women's Orkney Dragons rugby team asking if she would like to run an after-school rugby club. She kindly agreed and we arranged for her to run sessions on a Wednesday after-school. She ran a 6-week block before and after Easter holidays.

*"It's been really fun having Jo in taking rugby sessions."*

Izzy (P4)

### NORTH WALLS

North Walls have been also working to increase their school sport participation through their sport committee. Mabel Besant a community volunteer, ran a traditional Scottish dancing after-school club for the pupils with the pupils organising a ceilidh for the community.



## East and Junior High Cluster

### SANDAY JUNIOR HIGH

With the P5-S4 year groups having numerous opportunities after school the aim this year was to offer an after school club to P1-3 year groups. Super mover activity sessions were run by a volunteer teacher during term 3 which saw the whole of room 1 pupils take part.



### HOPE PRIMARY

Also focusing on the lower primary pupils lead to pupils in P1-P5 having the opportunity to take part in sessions at lunchtime and after school. P4 & 5 pupils attended multi-game sessions at lunchtime which were delivered by the school's young leaders under the supervision of a member of staff. P1-3 pupils had the opportunity to attend a block of Run, Jump & Throw sessions which had a focus on the basic skills of athletics. These sessions were run by 2 parent volunteers.



### ST ANDREWS PRIMARY

P2 pupils had the opportunity to be more active with a block of after school activity sessions run by P6 Young Leaders as part of their Leadership award. Lots of fun and games were delivered each week with the leaders and P2 pupils learning new skills.



# HOLIDAY PROGRAMME

## Kids Gym

Pupils were offered a range of free activities this summer to 'come and try', including; Kids Gym, Multi Sport, Team Challenges, Traditional Races and Bikeability.

Kids Gym proved to be popular at Kirkwall Grammar School, where participants got to use 'kids' gym equipment in a fun and safe environment.

The equipment allows pupils to learn the correct movement required on equipment while using mild resistance to create a challenging session.

Participants worked hard at the weekly session, with lots of red but happy faces at the end!



## Stromness Shopping Week

Co-ordinators headed to Stromness to join in with Shopping Week activities, delivering Traditional Races for Primary 1 – 7 pupils. Sixty-two participants turned up to the event, enjoying an afternoon of fun races, relays and tug'o'war.

Active Schools Co-ordinators were delighted to work in partnership with the Community Learning Development team and their young leaders, who assisted with events, handing out stickers and sweeties to everyone who took part.

## Multi Sports

Drop in multi-sport sessions took place at Dounby and St Andrews Primary School over the summer. The sessions were free to attend and provided a range of activities such as dodgeball, capture the flag and rounders for older participants. The lower primary's enjoyed games such as Duck, Duck, Goose, What's the Time Mr Wolf and everyone's favourite, parachute games.



A colorful poster for 'Multi Sports Dounby' held at Dounby Primary School from July 29-30. The poster features images of children playing various sports. Text on the poster includes: 'ACTIVE SCHOOLS ORKNEY', 'MULTI SPORTS DOUNBY', 'JULY 29-30', 'AT DOUNBY PRIMARY SCHOOL', '11.00am - 3.00pm', 'LOTS OF ACTIVITIES THROUGHOUT THE DAY. BRING A PACKED LUNCH!!', 'OPEN TO PRIMARY 1 - 7', 'FREE TO ATTEND! DROP IN... NO BOOKING REQUIRED', 'REGISTER ON THE DAY', 'CALL FOR MORE INFO 01856 873535 EXT 2441', and 'OR EMAIL ACTIVE\_SCHOOLS@ORKNEY.SCHOOLS.NIC'. At the bottom, it says 'Made with PosterMyWall.com'.

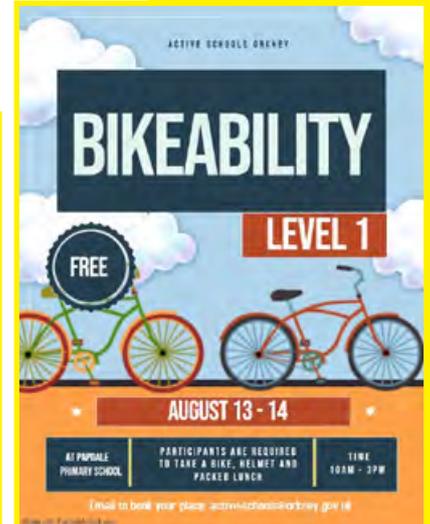


## Bikeability

Fifteen pupils attended the Bikeability Level 1 course at Papdale Primary School during the holidays, for two days of cycling.

Bikeability Level 1 increases participants confidence on their bikes by practising 'bike and helmet checks, getting going, using your breaks, emergency stops, getting on and off your bike, pedalling, balance and control, signalling, changing gear and sharing paths with others'.

Cyclists impressed Active Schools Co-ordinators with their skills and progress, and all passed the course!



## SCHOOL EVENTS

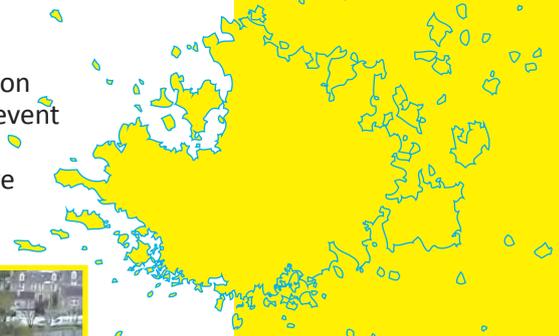
### Dounby Primary School – GB athlete visitor

A parent from Dounby Primary School entered the school in a national competition – Muller Promotions. The school was successful in winning and received a visit from an athlete and £2000 towards sports equipment. Zoey Clark (Scottish and Great Britain 4 x 400m athlete) visited Dounby (November 2018). She delivered an inspiring assembly and co-delivered 3 active workshops.



### Stromness Primary School – duathlon

In partnership with Stromness Primary School staff, Active Schools, Cycle Orkney and parent volunteers, everyone worked together to organise and deliver a very successful "duathlon" event at Stromness (May 2019). Pupils opted to take part either as a team or individual event. If they were part of a team, one person did the running whilst the other did the cycling. If they decided to do the event themselves, then they had to run, then cycle and finish off with a run. The event was supported by the whole school with lots of laughter and positive encouragement.





### West Mainland Bowling club – taster sessions

The pupils of Dounby Primary school enjoyed 2 taster sessions in outdoor bowls (June 2019). This was organised by Active Schools, in partnership with West Mainland Bowling Club and Dounby Primary School.

*“This was a very enjoyable experience for both the pupils and bowling volunteers. A very good inter-generation link and something that we as a school would like to make as a regular experience for the pupils”*

(Alastair Forsyth, Head teacher Dounby Primary School)

### Orkney Yawl Association – school sessions

Stromness Nautical Department, in partnership with Orkney Yawl Association organised a morning of sea related experiences (June 2019). Stromness Primary School pupils experienced being part of a crew for a “yawl boat”. This was great experience for all pupils as these boats are very old and not used in Orkney, as much as they used to be.



### Papdale Primary School - The Daily Mile

During term 4, Active Schools set the Primary 3's a challenge; with the aim of walking 1,927 miles between Papdale and Gibraltar.

Primary 3's had 45 days to complete the challenge. Along the way, Taylah Spence (Orkney Athletics Club), Rebecca Reid (Orkney Junior Badminton) and Liz Flett (Orkney Island Games Association) came in to talk about Gibraltar 2019 and Orkney 2023.

Were delighted to announce that the Primary 3's completed their challenge, smashing their target. Class results are as follows:

- P3E completed 671 miles
- P3M completed 709 miles
- P3S completed 987 miles

Therefore, Papdale Primary 3's walked 2,367 miles!

Well done to everyone who took part, the Primary 3 teachers and the Island Games Committee and Athletes who have inspired our pupils.



## Stromsay Junior High School Activities Day

Active Schools helped co-ordinate a day of various sports for pupils from P4 – S4 from Stromsay Junior High School. The school wanted to give pupils the opportunity to take part in activities that aren't delivered on island on a regular basis. With the help from the Pickaquoy Centre, pupils took part in a gymnastics session and a climbing session as well as having the opportunity to visit the Swimming Pool. Pupils had the chance to experience using different gymnastics equipment as well as the climbing and bouldering wall.



## SCHOOL SPORT COMPETITION

Active Schools worked in partnership with P.E staff to bring together a timetable of events for 2018 to 2019.

Sport	Term	Schools
Higher Basketball	1	Kirkwall Grammar School / Stromness Academy
Rugby	1	Kirkwall Grammar School / Stromness Academy
Higher Volleyball	1	Kirkwall Grammar School / Stromness Academy
Roller derby	1-3	Kirkwall Grammar School / Stromness Academy
Football	3	Kirkwall Grammar School / Stromness Academy and Thurso High
Volleyball	3	Kirkwall Grammar School / Stromness Academy
Netball	3	Kirkwall Grammar School / Stromness Academy, Sanday and Westray Junior Highs

### Netball tournament

Participants from Kirkwall Grammar School, Stromness Academy, Westray Junior High School and Sanday Junior High School came together to play netball during activities week.

Due to the volume of entries, twelve games were played on indoor and outdoor courts at Kirkwall Grammar School.

Teachers and Active Schools Co-ordinators assisted with scoring and timing, while matches were umpired by voluntary secondary pupils.

An exciting final between Kirkwall Grammar School and Stromness Academy saw Stromness Academy triumphantly taking the win!



# 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 & school sport
- Helps schools to put PE & school sport at the heart of their planning, practice and ethos
- Recognises and celebrates successful PE & 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 below are the schools that have achieved an award during 2017 to 2018.

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

In September, Shapinsay Primary School and Stromness Academy were the first two schools in Orkney to be awarded Gold status.

Active schools’ co-ordinators Kirsty Spence and Michael Swanney worked in close partnership with Leanne Bews, Belinda Morrison and the pupils on their sport committees to achieve this accolade.

The award was presented to the schools by **sportscotland** Head of School and Community Sport Jacqueline Lynn and National Lead for School Sport Award Nicola Thomson.

Stewart Harris, Chief Executive of **sportscotland** said: “Congratulations to all the staff and pupils at both schools - they should be extremely proud of this fantastic achievement. Not only have they put physical education and sport at the heart of their school and local community, but they have managed to do so in a way that encourages all pupils to engage in physical activity whilst having fun at the same time.

*“**sportscotland** is committed to building a world-class sporting system for everyone, and a crucial part of that is putting young people at the centre of our efforts. Working with our partners in local authorities and governing bodies of sport, we are creating closer links between physical education, school sport and club sport, which benefits young people by providing more and better opportunities to take part in sport.”*



# SUNDAY MAIL SCOTTISH SPORTS AWARDS



In November, Shapinsay Primary School were announced as finalists in the Sunday Mail sportscotland Scottish Sports Awards in the School Sport Award category. The school was nominated for the award by sportscotland following their success earlier in the year, achieving their sportscotland Gold School Sports Award. They were up against three other schools from the Scottish mainland for the distinction.



Head Teacher Emma Clements, PE teacher Leanne Bews, and Active Schools Co-ordinator Kirsty Spence travelled down to attend the black-tie event which was held on Thursday 6 December at the DoubleTree by Hilton Glasgow.

Kirsty said: "Shapinsay have worked tirelessly this past year to improve their PE and school sport for all.

"The commitment from pupils, staff and volunteers have been invaluable to increasing school and club participation on the island, as well continuing to develop club links on the mainland.

"Gaining the first sportscotland Gold School Sport Award by a primary school in Orkney is amazing - being selected as a finalist in this national awards ceremony was the cherry on the top.

"We had a fabulous night celebrating Scotland's top sporting achievements of 2018 and feel very honored that Shapinsay got to be part of it all! We have to say congratulations to North Queensferry Primary School who took home the accolade.



## CLUBGOLF

### Stromness Golf Club

Active Schools, in partnership with Stromness Golf club, organised and delivered some "come and try" sessions(March 2019).

Linking to the Stromness Golf club open days, Active Schools worked with golf club volunteers to deliver taster sessions to the 5 local primary schools in the west cluster schools (April 2019).

Active Schools also supported the visit of Mel Douglas(Professional golfer at Inverness Golf Club) to Stromness Golf club(May 2019). Mel delivered structured sessions to local primary and secondary pupils from the west cluster schools.

### Orkney Golf Club

Orkney Golf Club hosted their Open Day in May. Throughout the event, new and existing members used the golf course while juniors were invited to try out the indoor facilities.

Primary pupils received taster sessions, from coaches; Rona Harcus and Marion Murray that had recently completed ClubGolf CPD with Active Schools and Scottish Golf.

Primary pupils were also joined by some 'peedie tots' who were excited to try games and target practise with the plastic equipment.

### Westray Golf Club

Westray Golf Club volunteers delivered club golf sessions in Westray school to encouraged pupils to attend their afterschool sessions which they ran during the summer term. P5-7 pupils received 2 sessions during curriculum time and then and then were invited along to the club.

The club also had a PGA golf coach visit the island in May. They offered the school the opportunity for P5-S4 pupils to attend a 2-hour coaching session at the club during curriculum time. This session was thoroughly enjoyed by those who attended.



# TRANSITION SPORT

Primary 7 pupils were invited to Kirkwall Grammar School and Stromness Academy, prior to the Summer Break, for the East and West 'Transition Sports Festivals'.

The two events hosted 218 pupils; 62 from Stromness Academy and 165 from Kirkwall Grammar School.

Participants from the West enjoyed a day of Rugby, Badminton, Dance, Dodgeball and team challenges. The activities were run by PE Teachers, Sports Leaders and Orkney's Rugby Development Officer.



With help from Community Clubs, Active Schools Co-ordinators, Sports Leaders, Young Ambassadors and PE Teachers, transitioning pupils participated in various stations at Kirkwall Grammar School, including; Dodgeball, Badminton, Boccia, Football, Rugby, Hockey, Handball and Rounders.

The transition event allowed pupils to engage with teachers and external organisations, that they will come into contact with when they begin their secondary journey.

In addition, pupils got the opportunity to familiarise themselves with pupils from other schools that they will be in classes with after the holidays.





Transition Sport depends on volunteers coming along to help deliver the sports and activities. Active Schools is grateful to all the volunteers from schools and clubs who help make the day possible.

## NORTH ISLES SPORTS

The 70th Anniversary of the North Isles Sports took place in Westray in June. This competition sees competitors from all the North Isles come together to compete in an array of events. Athletics, football, netball and the infamous Tug o' War are all keenly contested. The event is organised by the host island in partnership with Active Schools, volunteer officials travel out on the day to make sure the proceeding run smoothly. As this was the 70th anniversary Westray had put on a lovely display of photos in the Heritage Centre which allowed islanders and their guests to reminisce and look back at past events. There was also a veteran anniversary events in the Athletics competition which incorporated a run, a jump and a throw this ran alongside the main event. School pupils had made displays to decorate the corridors in the school to welcome their guest. The results from this year's event was as follows:

Junior Relay Quaich	Westray
Junior Football	Westray
Junior Netball	Sanday
Schools Cup	Westray
Senior Relay Quaich	Papay
Senior Football	Westray
Senior Netball	Westray
Tug of War Shield	Stronsay
Senior Challenge Cup	Westray
Millennium Cup	Westray

Girl	Lauren Seatter	Sanday
Boys	Bobby Harcus	Westray
Womens	Amy Rendall	Westray
Mens	Mark Cursiter	Papay

This annual competition is a great day out and one of the few opportunities where the interisland ferries are timetabled to visit isles internally allowing the island communities to get together and socialise.



# LEADERSHIP

## 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.

### Hope Primary School

Eight P7 pupils completed the Young Leaders Award during Terms 1 & 2. During term 3 they work on a rota to deliver a block of sessions to the P4/5 class during lunch time. These sessions proved very popular with every pupil from this attending.

### North Walls Primary School

The P6/7 pupils have also completed their young leaders award and have been putting their newly learnt skills to practice taking activities for the young pupils in the school.

### Papa Westray Primary School

The two P7 girls completed their young leaders award just after Christmas and have been running fun games once a week for the other pupils in the school.

### Stromness Primary School

Pupils from the P7 class undertook a variety of roles whilst being a young leader within the school. Some planned for P1-2 active hall time, others did some reading with the nursery whilst others did a rota for games during lunch time.



North Walls



Papa Westray



### Sanday Junior High Schools (Primary)

Pupils in class P7 completed the Young Leader Award during term 3. Taking part in this award has become a regular opportunity for pupils in P7. As part of the award the pupils planned and delivered sessions to other primary pupils during curriculum time and at lunchtimes.

### St Andrews Primary School

Pupils in P6 had the opportunity to opt in to doing their Young Leaders Award which 14 pupils chose to do. They learned about the skills and qualities of a good leader and how to structure and deliver activity sessions. They then had the opportunity to deliver games and skills to P2 pupils at a afterschool club to allow them to put their new skills into practise.



Sanday

## Sports Leadership in Orkney

Throughout Orkney, a range of schools, both primary and secondary, take part in sports leadership opportunities; to upskill pupils. Courses are primarily delivered and supported by the Active Schools team.

### Young Leader Primary Participants during 2018 to 2019

Schools	Number of pupils
Hope Primary	8
North Walls Primary	5
Papa Westray Primary	2
Sanday Junior High	7
Shapinsay Primary	10
St Andrews Primary	16
Stromness Primary	22



### Sports Leaders UK (secondary) figures for Orkney in 2018 to 2019

School	Level of award	Number of pupils taking the award
Kirkwall Grammar School	Level 4 Sports Leaders	14
Kirkwall Grammar School	I Can Lead	18
Stromness Academy	Level 5 Sports Leaders	3
Stromness Academy	I Can Lead	13

Highlighted, is a selection of stories, statements and pictures to show the work that Sports Leaders are doing, both in the school and local community.

### Kirkwall Grammar School

Sports Leadership courses have become a prominent part of curriculum at Kirkwall Grammar School over the past few years. Both 'Sports Leaders UK Level 4' and 'I Can Lead' have grown in popularity, with 32 pupils completed or currently undertaking the courses this year.

Both courses comprise of theory and practical sessions, with Leaders then going out into the community to complete volunteering hours at local sports clubs.

When asked about the courses, pupils gave the following responses:

*"I want to have a career in sport when I'm older, so I want to do as many recognised qualifications as I can to get into a good University when I'm older.*

*I'm really enjoying the course. The learning experience has been fantastic, and I've got to work with people that I usually wouldn't work with.*

*I've organised to do my volunteering hours at Orkney Motor Cross, so I'm really excited for that."* Katie Harcus (I Can Lead)



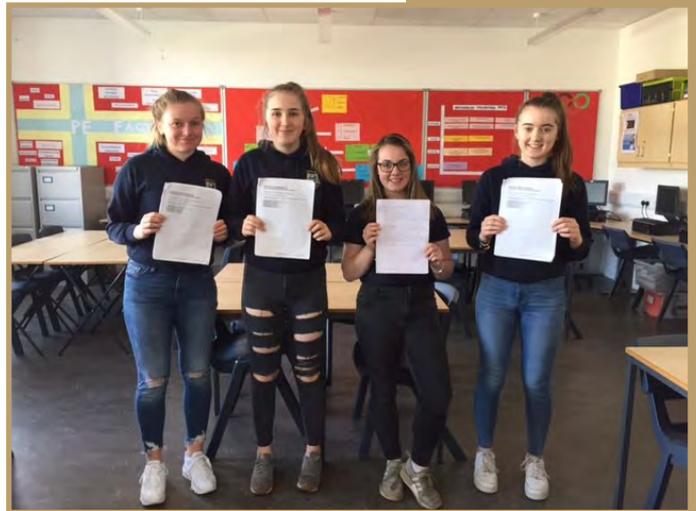
*“I signed up to the course as I thought it would be fun and I wanted to gain a sports qualification.*

*I’ve been volunteering at Glaitness Netball sessions and I’m delighted that the coaches are now letting me lead sessions, rather than just assist. I also help out during their competitions and festivals at the weekends.*

*I’ve really enjoyed the experience and I hope to carry on coaching at Glaitness after my volunteering hours are complete.*

*When I’m older, I want to do a specific qualification in Netball so that I can coach the ‘Under 15’s’ group at Netball Orkney.”*

Zoe Kemp (Sports Leaders UK Level 4)



## 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.

Prior to beginning their journey as a Young Ambassador, the nine successful candidates from Orkney travelled to the '**sportscotland** Young Ambassador Conference' in Inverness; on Wednesday 19 September 2019.

The conference informed pupils of the role they were about to undertake, attend various workshops, gain motivation from National athletes; while networking with other pupils from the Highlands and Islands.

Pupils were very excited to meet Stefan Hoggan, a Great British para-triathlete and Sara Law, who represents Scotland's women's national rugby union team.

Since returning, candidates have been planning and delivering sporting activities within their schools, with the aim of getting 'more children, more active, more often'.



# FESTIVALS

## 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 29 March at the 3G pitch at the Picky.



It's the second year the 'Peedie Isles Rugby Festival' has taken place and is 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.

This year, pupils had the chance to put on a sporting show for dignitaries from Japan, who will be hosting the Rugby World Cup later this year, including the Japanese Consul General, Mr Nozumu Takaoka, Chairman of the Nagasaki Rugby Football Union, Mr Masao Eto and Director General of the Japan Foundation Mr Eiji Taguchi.

The Japanese visitors were here as part of celebrations to launch the Orkney Japan Association (OJA) a new non-profit voluntary group aimed at being a resource for anyone in the Orkney community with interests in Japan.

As part of preparations for the OJA launch celebrations, each of the 'peedie isles' schools were assigned one of Japan's premier league rugby teams to research. Pupils also designed 'team strips' for their schools with the help of Orkney's Rugby Development Officer John Cairns who has been leading rugby taster sessions at each of the schools along with the Council's Active Schools team.

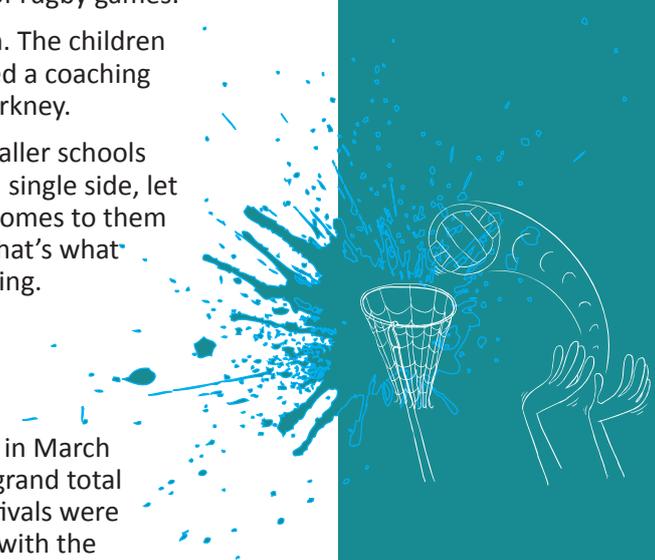
The Orkney Rugby Football Club provided volunteers to run a series of 'stations' and fun games throughout the day, for pupils who had travelled in from Eday, Rousay, Shapinsay, Papa Westray and North Walls primary schools. Pupils were then formed into teams made up of a mix of schools for a series of rugby games.

Following the games, Mr Eto spoke to pupils about rugby in Japan. The children took part in a short lesson in conversational Japanese and received a coaching session and talk by members of the Japan Karate Association in Orkney.

Active Schools Co-ordinator, Kirsty Spence, said: "Some of our smaller schools have only a handful of pupils in total – not even enough to form a single side, let alone hold a proper game! It's a real challenge for them when it comes to them being able to experience team sports with others their age, and that's what activities like the Peedie Isles Rugby Festival are aimed at addressing.

## West Cluster Festivals

The annual west cluster netball and badminton festivals occurred in March 2019. A total of 29 girls and boys enjoyed the netball festival. A grand total of 19 girls and boys took part in the badminton festival. Both festivals were organised and delivered by Young Ambassadors / Sports Leaders (with the support of Active Schools).



# 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'.

To read more about our volunteer, go to the Active Schools Orkney Facebook page to read our Volunteer Profiles:

## Maggie Dearness

Sanday Junior High School



## Rebecca Reid

Glaitness Primary School



## Sarah Finn

Orphir Primary School



## Andy Rose

Stromsay Junior High School



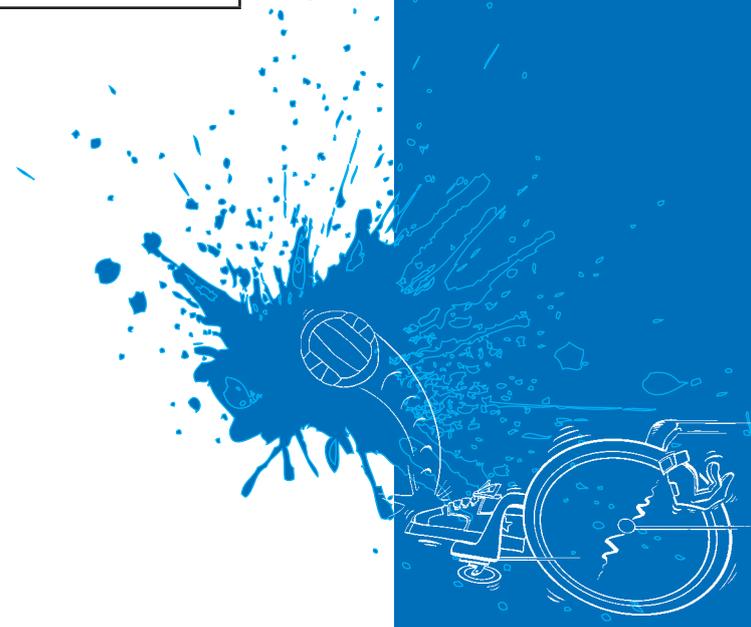
## Belinda Morrison

Stromness Academy

## Continuing 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
<b>Risk and Play through the lens of Parkour</b> Access Parkour	3 September 2018
<b>Boccia Leaders</b> Scottish Disability Sport	22 January 2019
<b>In Safe Hands</b> Children 1st	20 February 2019
<b>ClubGolf Trainer CPD</b> Scottish Golf	21 February 2019
<b>Bikeability Level 2 Refresher CPD</b> Cycling Scotland	13 March 2019
<b>Bikeability Group Management CPD</b> Cycling Scotland	13 March 2019
<b>First Aid at Work</b> Orkney College	21 March 2019
<b>Active Schools Regional Networking Conference (Inverness) sportscotland</b>	9 May 2019
<b>ASMO/MySport/App Training</b> (WebEx) sportscotland	19 June 2019





## Contact Details

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

Telephone: **01856 873535** Extension **2441/2442**

Email: **active-schools@orkney.gov.uk**

Website: **www.orkney.gov.uk**



Find us on  
Facebook

