



**ORKNEY**  
ISLANDS COUNCIL

sportscotland  
**activeschools**  
ORKNEY



# ANNUAL REPORT

August 2019-July 2020

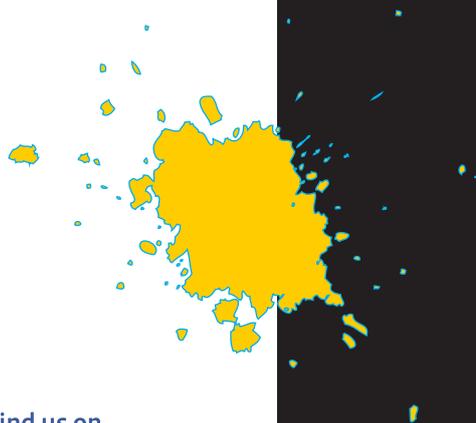
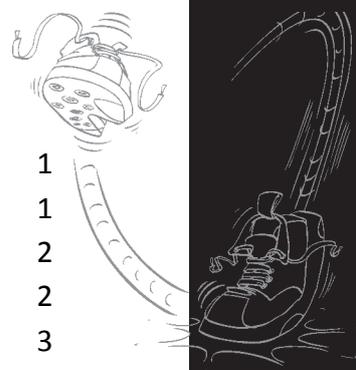
**sportscotland**  
the national agency for sport

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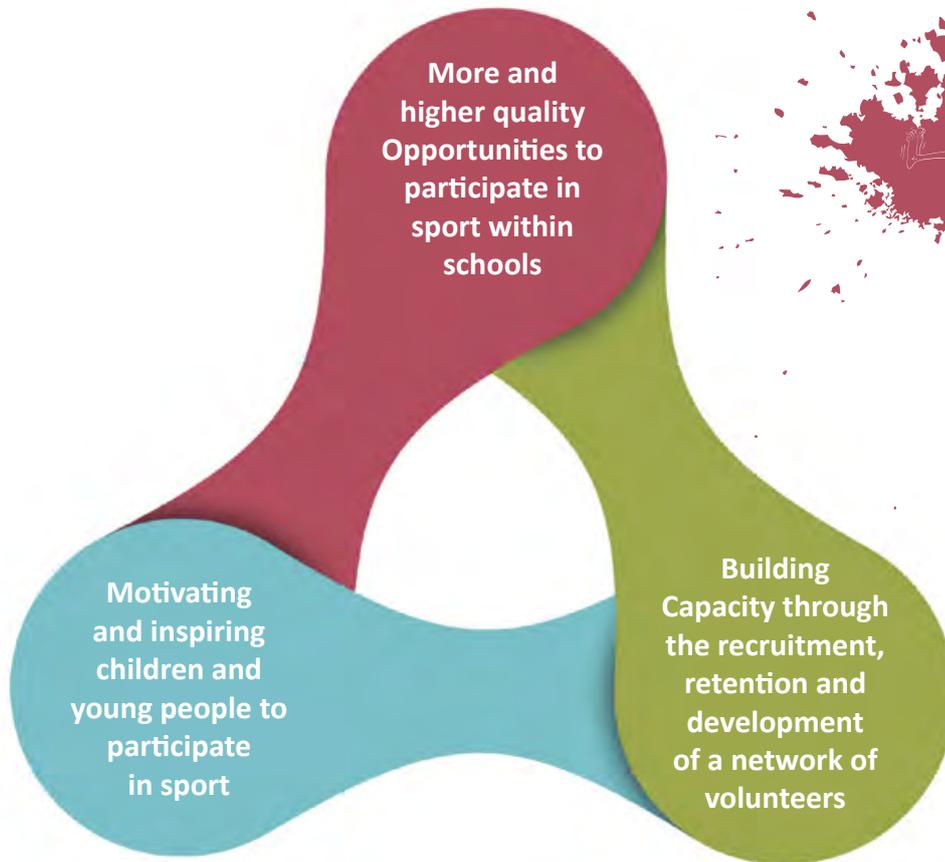
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# Introduction

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

Orkneys Active Schools Team is made up of just 3 FTE staff, but the impact they continue to have not only in Orkneys schools but also our communities and sports clubs, is nothing less than outstanding.

Unfortunately, as a result of the COVID-19 pandemic and resulting lockdown and restrictions, Active Schools monitoring data for 2019/20 is incomplete, however, we know that numbers only tell part of the story.

During 2019 – 2020 another two of our schools were awarded Gold Standard as part of the National Schools Sports Awards. There are only 366 schools in the whole country that have been awarded Gold, so for Orkney to have four is a great achievement and testament to the partnership work taking place between Active Schools, school staff, pupils and wider communities.

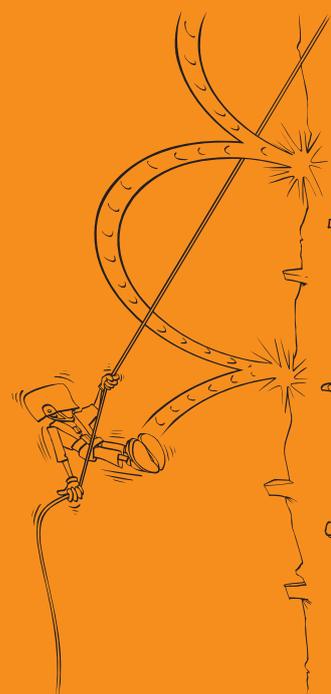
It has been encouraging to once again see the Active Schools teams contribution to developing our young people's leadership skills through the likes of the Young Ambassadors and Sports Leaders Programmes, and how the skills learnt are assisting with increasing participation in sport and physical activity within and out with our schools.

A significant part of the work of the Active Schools team is only possible as a result of its partnerships. Events and activities such as the Orkney Sports Awards, transition sports, inter school competition and the North Isles Sports would not be possible without the commitment and dedication of Orkneys local business, volunteers, communities, and national partners including **sportscotland** and sports governing bodies. My thanks and appreciation goes to them all.

Finally, in March of this year the entire country began to see and feel the impacts of the COVID-19 pandemic. There were and continue to be some unprecedented challenges as a result of COVID-19, however, the positive contribution the Active Schools team had during lockdown, on not only young people's physical and mental wellbeing was significant, and something that I wish to personally thank them for.

Yours sincerely

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



# Sport for Life

## - sportscotland Corporate Strategy

### Our Vision

An active Scotland where everyone benefits from sport.

In an active Scotland we will all find ways to be physically active every day. Keeping moving at home and at work. Taking an active approach to getting around. Choosing to be active in our leisure time.

More of us will take part in sport because we see it being relevant to our lives. Being involved in ways that suit us. Meeting fewer barriers. Feeling more included.

We will all experience more of the benefits of sport. For some of us, by taking part. For others, through our communities.



### 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

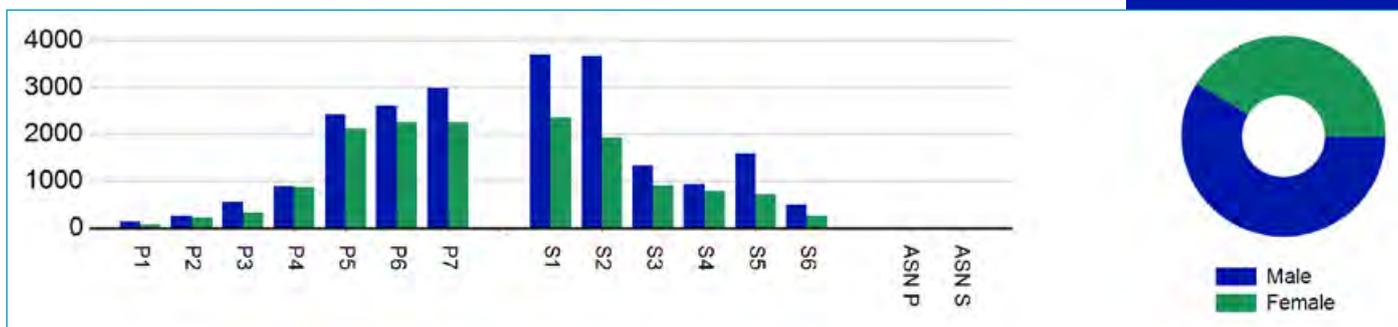
## Participation

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

Unfortunately, due to lockdown restrictions, at the beginning of 2020, we were only able to collect data information up to March 2020. Therefore, this year's data was not fully completed. The graph below is for extra-curricular participation between August and March.

To see the full report go to:

[https://www.orkney.gov.uk/Files/Active\\_Schools/ASOF/ASMO\\_Report\\_2019-2020.pdf](https://www.orkney.gov.uk/Files/Active_Schools/ASOF/ASMO_Report_2019-2020.pdf)



## Partnership Working and Promotional Links

Active Schools continues to support and work in partnership with various organisations such as:

- Schools
- P.E. teachers
- The Pickaquoy Centre
- NHS Orkney
- Community Sports Hub Officer
- Cycle Scotland
- National Governing Bodies,
- Regional Development Managers
- Local community sports groups

Active Schools coordinators support a variety of programmes including the annual Primary Athletics Championships, Bikeability and North Isles Sports day.

## Bikeability Level 1

During the August 2019, pupils had the opportunity to take part in Bikeability Level 1 training delivered by Active Schools Coordinators. The training allows pupils to gain confidence on their bikes in a safe and controlled environment. This off-road training teaches mastery in cycle handling and prepares pupils for their Level 2 on road training.

At the end of the two-day course, fifteen pupils received their Cycling Scotland Level 1 certificates.



# 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.

### Schools and Young Leader Participants during 2019-20

Schools	Number of pupils completed	Number of pupils 2019/20 In Progress
Rousay Primary School	3	
North Walls Primary School	3	
Westray Junior High School		11
Hope Primary School		13
Dounby Primary School		16
Stromness Primary School		24

Young leaders run lunch time playground games for pupils as part of the award as well as organising other activities. North Walls young leaders organised and ran a Christmas party for the whole school on the last day of term. Coordinators were in the process of delivering this course to several schools when lockdown occurred, and a few were due to take part in this course during the summer term. We hope where possible this will happen in the new academic year.

## Sports Leaders UK (Secondary)



Sport Leadership opportunities are offered to select year groups, in Primary and Secondary schools across Orkney. Leadership courses allow pupils to develop a broad range of life skills, that allow them to achieve their full potential. Although designed around sport, the qualifications gained, can be used within a variety of sectors and everyday life situations.

### KIRKWALL GRAMMAR SCHOOL

Pupils from Kirkwall Grammar School took part in a 'Level 4 Qualification in Sports Leadership' (SL4). The course encourages young people to directly assist coaches within a school or community sports setting.

During the course, pupils enjoy blended learning; taking part in practical and theory based sessions. To complete the qualification, the young leaders are required to volunteer at a sports session, of their choice, for a minimum of 5 hours.

Additionally, 'Competitive Organiser Training' (COT) was offered to pupils. The qualification was designed by **sportscotland** to give leaders the knowledge and confidence to deliver sports sessions and competitions within schools.

Unfortunately, pupils didn't get to complete the course prior to school closure however, Active Schools Coordinators look forward to offering the qualification again in future.



Rousay



North Walls



Westray Junior High

School	Level of award	Number of pupils 2019/20 Complete	Number of pupils 2019/20 in Progress
Kirkwall Grammar School	Level 4 Sports Leaders	19	0
Kirkwall Grammar School	COT	0	18
Stromness Academy	Level 5 Sports Leaders	6	0
Stromness Academy	I Can Lead	16	0

## Young Ambassadors

Each year 2 pupils from each secondary school, are invited to become Young Ambassadors (YA's) for their school. This year pupils from: Stromness Academy, Kirkwall Grammar School, Westray Junior High School and Sanday Junior High School participated in the initiative. Their journey starts when they attend the regional Young Ambassadors Conference in Inverness.

The conference took place at Kingsmill Hotel in Inverness and was hosted by **sportscotland**. YA's from all over 'Highlands and Islands are in attendance. The day consists of presentations and workshops aimed at supporting the YA's in their new role. An inspirational presentation by two YA's from the Highlands, allowed the new YA's to see the possibilities and opportunities that could be. Scottish Basketball Star, Kieron Achara also gave a presentation on the ups and downs of his journey in Basketball which ultimately lead to the Gold Coast Commonwealth Games in 2018.

The YA's were then put into groups and attended three workshops. The workshops gave the ambassadors: ideas, information on where they can access help, access to media resources, how to use media to engage with pupils, as well as planning what they could do once back home. Refreshment breaks allowed the YA's the opportunity to meet and speak with ambassadors from other schools.

Following the conference Active Schools delivered **sportscotland's** Competition Organiser Training award to the YA's, This course is aimed to equip the YA's with the skills, knowledge and understanding to undertake the role of an event/competition organiser. As YA's there are opportunities to plan, organise and deliver events and competitions in schools. This training supports young leaders with the running of events and competitions in their schools and the delivery of well-organised, safe, fun, fair and inclusive intra-school competition.





## Island Games Conference

The two-day event was based at the Pickaquoy Centre on 19 and 20 September 2019, brought together sport's governing bodies from the thirteen sports that will be represented at the 2023 Games along with various local and national partners. Organised by **sportscotland's** Highlands and Islands Regional Leadership Group, the event was supported by sportscotland, EventScotland, the 2023 Games organising committee, the Pickaquoy

Centre, and representatives from Councils and Sports and Leisure Trusts from across the Highlands and Islands.

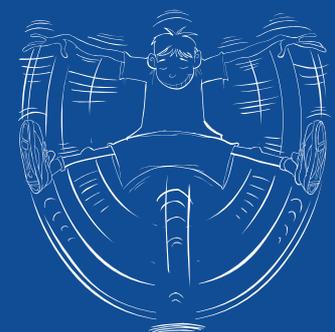
This event provided an opportunity to showcase Orkney's assets for sport in the leadup to the 2023 Games as well as setting the scene for the growth of sport across the Highlands and Islands using three key themes: Facility Development, People Development, and Athlete Development. With their wealth of local knowledge regarding sport in schools and the community Active Schools coordinators will be involved in various aspects of the games in the lead up to it and beyond.

Stewart Harris, Chief Executive, **sportscotland**, said: *"As the national agency for sport our role is to work with partners to make sure sport plays its part in a thriving Scotland; improving activity, helping the economy and strengthening communities and that's why we are supportive of events like the Island Games."*

*"Competing on home soil is a very special experience. Performing in front of friends and family and being able to train and compete in a familiar environment can produce real performance gains for athletes."*

*"We work closely with Orkney Islands Council, the Pickaquoy Trust and Scottish governing bodies of sport to support the athletes, coaches, volunteers and clubs in Orkney to provide training environments to make sport more accessible and enable athletes to take their sport to the next level without leaving the islands. Orkney has already produced some talented athletes and I'm sure the Island Games will inspire the next generation to follow in their footsteps."*

Councillor Harvey Johnston is Convener of Orkney Islands Council – which has committed up to £1m towards supporting the 2023 Games. *"Orkney's participation in the Islands Games stretches right back to the inaugural Island Games in 1985."*



*“We may be a small community, but we enjoy an extremely lively sports scene with both an impressive number of local people participating and supporting a diverse offering of sporting pursuits, and world-class facilities which have benefitted from ongoing investment over recent years.*

*“As a result, we’ve seen some truly elite performances from local sportspeople at the Island Games over the years, some going on to represent their nation in other arenas such as the Commonwealth Games.*

*“This excellence is replicated across the Highlands and Islands.*

*“The 2023 Island Games provides an exciting opportunity to develop sport in Orkney up to and beyond the games. This event marks the first stage of partners committing to this vision. I have no doubt that working together we can reap dividends for our communities and for Scottish sport.”*

Held every two years, the Games brings together the 24 member islands of the International Island Games Association (IIGA) to compete in friendly competition. Orkney has been a member of the IIGA since its inception in 1985 and for several years has aspired to host the Games.



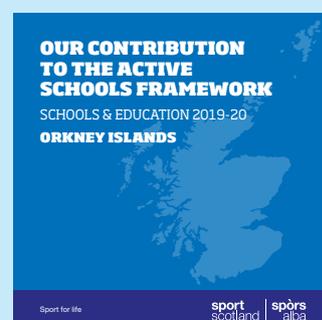
## Active Scotland Outcomes Framework (ASOF) Survey

In February 2020, four hundred Orkney pupils were invited to take part in **sportscotland**'s ASOF survey. Questions focused around how much sport and physical activity pupils take part in at school and within the community.

Two secondary and seven primary schools took part in the survey. The information recorded will allow a broader understanding of how **sportscotland** projects directly impact the Active Scotland Outcomes Framework.

The returns will specifically aid **sportscotland** to understand Orkney's local sporting culture, while also evaluating how people get into sport, what the benefits are on people's lives and what individuals' goals are.

<https://www.orkney.gov.uk/Service-Directory/S/active-schools-monitoring-data.htm>



## School Sports Competition

School sports competition is an important part of many secondary pupils school experience. Whether it be inter-house competition or inter-school competition. Competition can be in various formats for example, knockout competition or a festival format etc. Pupils may have the opportunities to compete against inter-house teams, other local schools or schools out with Orkney. Active Schools Coordinators encourage and support these opportunities by organising and coordinating opportunities and/or trips and occasionally coaching teams.

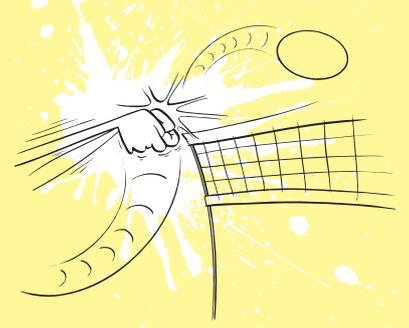
Active Schools has work closely with the local P.E departments to bring together a school calendar of local sporting events.

The table opposite shows the inter-school competitions that were planned for the 2019-20 academic year.

Those sports highlighted in green took place in 2019. Unfortunately those highlighted in red were cancelled due to the Covid 19 epidemic.

Sport	Term	School
Higher Basketball	2	KGS / SA
Roller derby	2	SA / KGS
Higher Volleyball	2	SA / KGS
Rugby	3	KGS / SA
Roller derby	3	SA / KGS
S1 football competition	3	SA / KGS plus others
S5-6 activities	3	SA / KGS
S1-3 netball	4	KGS hosting with SA and Junior Isles attending

Kirkwall Grammar School Higher Volleyball team.



Below: Stromness Academy Higher volleyball team. The pupils used this competition to support their assessment for their higher exams.



Erin, captain of the Stromness Academy netball team, said:

*"It was great to be part of the netball tournament which Kirkwall Grammar School organised as part of their Sports week. We didn't really think that we would be undefeated in the tournament. We thoroughly enjoyed taking part and thank Miss Hamilton for entering us and supporting our preparation for the games"*



Carolynn Leslie (Active Schools Coordinator) presents the shield to the winning captain of the Stromness Academy S1-3 netball team.



Stromness Academy S1-3 netball team with PE teacher, Miss Hamilton.





Pictured above is the Stromness Academy volleyball teams who took part in the Scottish Volleyball Association S4/5/6 Festival in Aberdeen. The girls A team came overall second, the B team came fourth and the boys team came 5th. All players entered the spirit of the tournament, displaying great sportsmanship when playing and refereeing and performance improved throughout the day.

KGS entered Netball Scotland's Scottish School Cup Open competition. This involved competing against schools from all over Scotland. Initially there is a round robin competition with schools nearest to each other to determine which section of your school competes in. The games against Thurso High School and Shetland's Anderson High School took place at Kirkwall Grammar School. The KGS girls dominated these two games showing their skills and abilities. This took them into the gold section of the competition where they stormed through the rounds unchallenged to reach the final. This game was due to be played at the end of March but unfortunately due to Covid-19 pandemic the finals day was cancelled.



# Orkney Sports Awards



2019 winners

Friday the 24th January saw Orkney's Annual Sports awards take place at the Orkney Theatre. Hosted by Liam McArthur and Robbie Fraser, Orkney's Sports Community came together in the auditorium to celebrate sporting achievements from grassroots to our international stars.

This year's guest of honor was international Netball star, Sarah Macphail who gave the audience an insight to what it has taking to reach and compete at international level. With Sarah starting her career in Orkney it was the perfect opportunity to show the audience that competing at an international level is not impossible even if you live on an island. This was the perfect way to set the scene for the rest of the evening.

Garry Burton, Sport and Leisure Manager provided an overview of the successes of 2019 Island Games in Gibraltar before James Wylie OIC's Executive Director of Education, Housing and Leisure praised the continuing partnership between our Local Authority and **sportscotland** and highlighted the achievements of the schools who were receiving their **sportscotland** Gold School Sports Awards.

Two of Orkney's schools were then presented with their Gold School Sports Awards by **sportscotland**'s Chief Executive Stewart Harris. These awards are aimed at improving and recognising excellence in school sport.

The evening then saw the annual awards presentation take place as well as a surprise award presented for an Outstanding Achievement to Erica Clarkston for her Guinness Book of Record marathon attempt. Erica attempted to achieve the record for the most consecutive days to run an ultra-marathon distance on a track.

The attendees enjoyed entertainment from the Sanday Belkies, who put on a sterling performance and showed that Sanday Junior High School not only excels at sporting activities.

Winner's on the evening were:

Award	Winner	Sponsor
School Sport Volunteer	Megan Clouston	Active Schools
Official	Alison Rothnie	Cloudnet IT Solutions
Young Volunteer	Scott Hamilton	Logo Orkney
Volunteer	Paul Barber	2023 Island Games Ltd
Outstanding Achievement	Erica Clarkston	WHB Sutherland's
Performance	Kirkwall Hotspurs	The Orcadian
Coach	Catherine Johnson	Orkney Television Enterprise
Young Team	Orkney U17 Inter-District Team	Northlink Ferries
Team	Island Games 4 x 400 metre Relay Team	Scottish Seafarms
Young Sportsperson	Ross Sinclair	W. Hourstons
Sportsperson	Mia McAllister	Pickaquoy Centre

Click on link below to hear from all our winners.

[https://www.facebook.com/watch/live/?v=982475548819675&ref=watch\\_permalink](https://www.facebook.com/watch/live/?v=982475548819675&ref=watch_permalink)

## sportscotland School Sport 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:



The logo for the Sportscotland School Sport Award, featuring the text 'sportscotland' in a sans-serif font, 'SCHOOL SPORT' in a larger, bold, blue font, and 'AWARD' in a smaller font below it, all enclosed in a white rectangular box with a blue border.

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

You can find out more about the award at:

<https://sportscotland.org.uk/schools/school-sport-award/>

The standard of sport and physical activity in school and are the result of hard work and commitment by the staff and pupils and both Sanday Junior High School (Primary) and Kirkwall Grammar School were worthy recipients of this award.

They now join Stromness Academy and Shapinsay Primary in becoming a top sporting school. Click on the link to see a short video on the schools.

<https://youtu.be/wET3CH3b2ro>



# Coach Education and Volunteer Training CLPL

Throughout 2019-20, Joanne Bamford (Community Sport Hub Officer) has worked with **sportscotland**, Active Schools and various Scottish National Governing Bodies, to bring a selection of coach education courses for volunteers in Orkney. The table below shows the different courses that have been delivered during 2019/20:

Name of course	Numbers attending
Badminton Basics	44
World Rugby – Strength and Conditioning course	8
Volunteer Management for clubs	7
Disability Inclusion training	7
Coach Connect workshop – Co-ordination and Control	5
Coach Connect workshop – Growth and Maturation	6
Scottish Football Association – Level 1.1 coaching award	10
Child Well-being and Protection in Sport workshop – November 2019	4
Scottish Football Association – Level 1.2 youth coaching award	19
Child Well-being and Protection in Sport workshop – Feb 2020	11



Scottish Football Association coaching





Active Girls Day is an annual initiative which celebrates the amazing work that goes into girl's sport. It aims to actively encourage girls to participate in activity and celebrates the fantastic role models who make it happen.

On Friday 4 October 2019 Stromness Academy Young Ambassadors, Sports Leaders and S3 "I can lead" volunteers, supported by PE staff, organised a programme of activities for Active Girls Day. Activities took place during lunchtime. A total of 15 girls tried out the activities which included: step aerobics, rugby and netball.

## Sports Relief Week 9 – 13 March 2020

"It's game on" - the sport relief message was clear, do something, get involved and have fun. School packs were made available to schools which gave ideas for challenges and activities which included #dance for sports relief, pay the penalty etc. and other school / community-based activities. A number of schools organised and pupils took part in activities during this week.

### Westray Junior High School

Sport's Relief was a whole school event for pupils at Westray Junior High School with various sports taking place from Monday through to Thursday. A Netball and Football 'Shoot Out' for pupils and coaches as well as a 'Beat the Staff Cycle Challenge' for secondary pupils. Great fun was had by all participants.

### Stromness Primary School

Pupils in (P4-7) had a great time trying to beat "Beethoven's 5<sup>th</sup> Symphony". Pupils were placed into teams and each team member had to run around the hall, anything from 4- 8 laps depending upon the size of the class. The race was completed in a relay format and teams tried to cover the distance of 5KM, before the symphony was complete. All groups managed to complete the race and had great fun raising money for charity.

### Stronsay Junior High School

Secondary, Primary and nursery pupils all contributed to a successful sport's relief week by taking part in various activities. Primary and secondary pupils held a sponsored swim and a daily mile challenge. Primary pupils take part in the daily mile each day but for Sport's Relief they challenged themselves by counting the number of laps of the netball court they could complete during the week. They were also helped by the school's secondary pupils. The average amount of individual laps each day was around 18 laps which is 1 mile. The primary total came to 1706 laps which is almost 95 miles! Primary pupils were also encouraged to keep track of how active they were in and out of school to raise awareness of the amount of activity they were doing during the week. Pupils in the nursery also played a part over the week by having an egg and spoon race, an obstacle course, musical statues and hide and seek. A guessing competition was organised by staff to also help raise funds.





### Stromness Academy

The Academy Sports Leaders organised various fun activities throughout the week. This included potted "come and try sports" for S1-3 pupils, house challenges for S4-6 pupils and a staff vs pupils volleyball game. The staff won both games against S3-4 and S5-6 pupils. Something that the pupils didn't expect and no doubt a re-match will be coming soon.

## Peedie Islands Schools Rugby Festival

The 'Peedie Schools Rugby Festival' has become an annual event in the Active School's calendar. It gives the smaller island schools the opportunity to come together and have a fun filled day of rugby. Before the festival happens, Active Schools works in partnership with John Cairns, Orkney's Rugby Development Officer, to deliver sessions on island to all the participating schools before the festival takes place. These sessions took place between January and early March 2020. Unfortunately, due to schools closing for lockdown our festival did not go ahead as planned.



## Volunteer Profiles

To recognise the fantastic work that School Sport Volunteers are doing around Orkney, we have launched a quarterly 'Volunteer Profile'. Without volunteers, pupils throughout Orkney would have limited opportunities to participate in Physical Activity and Sport therefore, we hope that you will check our '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'.

Megan Clouston is a current 5<sup>th</sup> year pupil at Kirkwall Grammar School who has gone above and beyond to fulfil her role as a Young Ambassador (YA) within the school. She has had a huge impact on the schools Young Ambassador programme with her willingness to get involved and organise all sorts of activities. She has also been the driving force for: a KGS YA's, Facebook and Instagram page. bringing together other YA's for meetings, helping out at after school clubs and volunteering at her old Primary School, 'offering active fun sessions with Megan'.

Inga Linklater and Kim McIntosh have been volunteering at Stenness Primary School after- school netball club for quite a few years. These two parent volunteers have a lot of experience in coaching primary netball. They encourage and welcome new members and actively promote togetherness within the school. Sessions are open to all P4-7 pupils.

### Inga Linklater and Kim McIntosh

Stenness Primary School

Graham Rendall is a parent volunteer in Shapinsay and has been responsible for taking the afterschool football club. Training takes place every week with the school entering (the first islands team) into the local primary indoor leagues and outdoor competitions in 2019-20.

### Megan Clouston

Kirkwall Grammar School



### Graham Rendall

Shapinsay  
Primary  
School

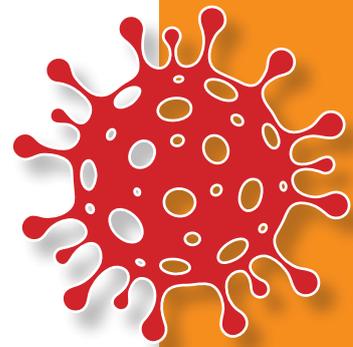


# Covid-19!

Find us on  
**Facebook**

<https://www.facebook.com/oicsportandleisure>

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## Social Media

Throughout lockdown, Active Schools teamed up with the 'OIC Sport and Leisure' department, The Pickaquooy Centre and local fitness instructors, to deliver online sessions, information and content, free of charge for the public. To date the sessions have reached 278,173 people and captured an audience of 1,040 participants.

## Active Schools Sessions

To encourage children to stay active at home, Active Schools Coordinators provided a range of online activities. Traditional sports such as football, rugby and netball were all represented, encouraging participants to improve their skills.

To provide parents with ideas for 'break time', during home schooling, playground games and physical challenges were also delivered. At first, games were targeted at individuals or small families. However, following developing guidelines, from the Scottish Government, sessions advanced to allow those who wished, to play with friends.

Throughout lockdown, Active Schools Coordinators have delivered 75 virtual sessions, which have reached 64,967 people and been actively viewed 5,111 times.

## Papdale Primary School Hub Sports Day



During the last month of what should have been the school's summer term, Active Schools' Coordinators organised a Covid friendly sports day, for children who had been attending the hub at Papdale Primary School. Activities consisted of challenges from the school's 'Peedie Olympics' as well as some traditional sports day activities. The children rotated around all the activities in groups with the morning finished off with a water relay race.



## Peedie Olympics

PE teachers collaborated with art, music and drama teachers to create the 'Peedie Olympics Pack' for all school pupils to take part in over the final two weeks before the summer holidays. Full of different PE challenges, designing an Olympic stamp, music to play along with challenges, opening and closing ceremonies and trying out a spot of sports commentating as well. Active schools worked in partnership with PE to promote the launch and encouraged pupils to share photos and videos with their coordinators which was then posted on the Orkney Active Schools Facebook page.



ORKNEY'S PEEDIE OLYMPICS 2020 SLIDESHOW:

<https://www.facebook.com/watch/?v=318097455880132>

## Summer Holiday Hub



In partnership with Community Learning and Development staff, the Active Schools' team, Community Sports Hub Officer and the Outdoor Education Officer, helped to organise and run the summer holiday hub which ran for key workers and vulnerable children. The hub was based at Papdale Halls of Residence and was open from 8am to 6pm, Monday to Friday during the school holidays. Activities consisted of: physical activities and games, the daily mile, arts and crafts, table tennis, Outdoor Education activities, pool, computer games/consoles and other various themed activities. The hub leader's linked weekly activity themes to local events such as Stromness Shopping Week and the annual agricultural shows. Orkney Sport and Leisure staff contributed to 175 hours of staff time over the 5 weeks.

*"The part of the Hub I especially valued was the flexibility around pick up time. I would aim for 3.30 but often meetings would run over or decisions and conversations needed to be explored along with very tight deadlines.*

*The flexibility around drop of and pick up arrangements added to my positive experience. It also helped reduce my stress and distress when I knew I would be later than planned."*

### Summer Holiday Hub Feedback from parent

*"Really amazing activities for my son to participate in."*

*"Safe childcare with skilled workers who could support him appropriately given his additional support needs."*

*"Continuity and security as he was familiar with the venue and some staff."*

*"Reassurance to me so I could effectively undertake my key worker role without worry."*

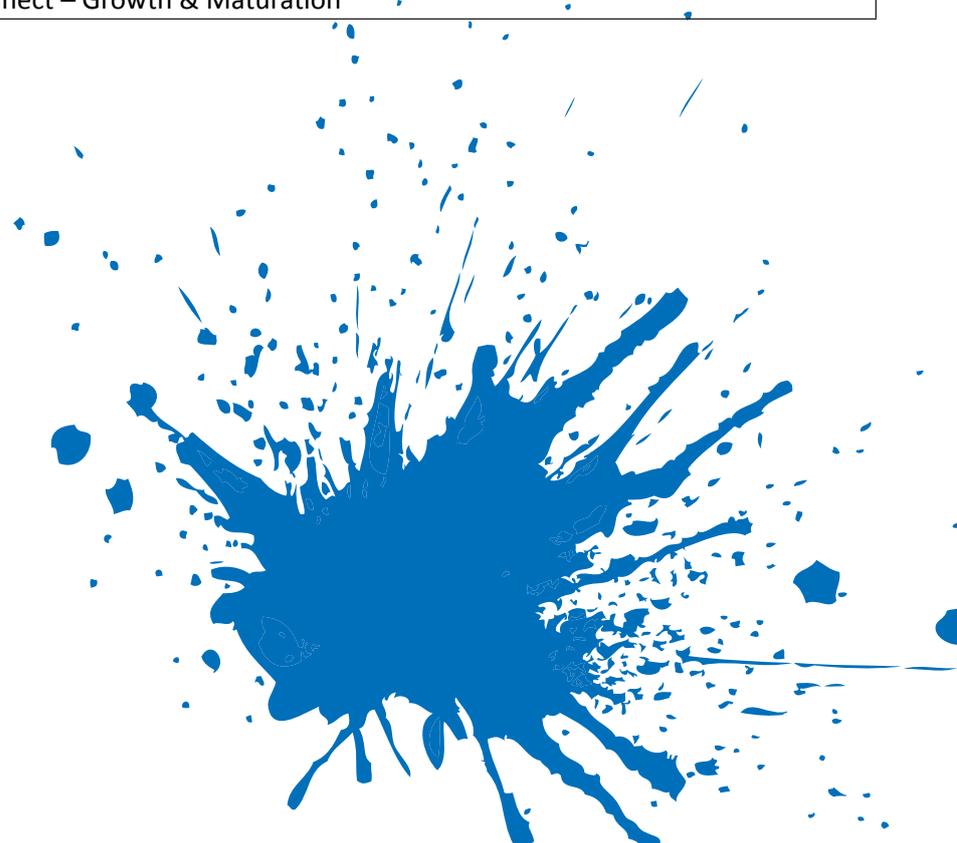
## Coordinator Networking

Lockdown provided the time and opportunity to make better connections with other partners. One connection that has been strengthened is Orkney's connection to the Active Schools team in Shetland. Regular meetings throughout lockdown and the summer where organised discussions were held on a variety of topics, for example, Active Schools Covid support for schools, sharing ideas and resources etc. These meetings have proved invaluable and the local authority teams plan to continue having these networking meetings on a regular basis. The team also linked up the Western Isles Active Schools team which also proved to be very useful. These meetings give each team an insight to what is happening in each other's local authority and provide ideas and learning for all coordinators involved.

## Continuing Lifelong 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
Autism and Sport Workshop
Child Protection E-learning
In Safe Hands tutor orientation
Child Well-being and Protection Officer training
Safe guarding and Protecting Children update
MIDAS training (Minibus Driver Awareness Scheme)
Bikeability CPD Days - Level 2 on road & Bike maintenance
PCS plus tutor training – Values, Mastery, Confidence & Mindset
Coach Connect – Growth & Maturation





## Contact Details

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