

Portlethen Network

Term Three

School Year 2015/16

Welcome to the Portlethen Network newsletter for Term Three

Term 3 is well underway with a whole variety of sports and activities on offer each day. Uptake for clubs this term has been fantastic, with a few clubs being totally full!!

This term also sees a couple of exciting curricular opportunities come to all primary schools in the network: badminton sessions for the P3's and 4's, while the P5's get introduced to golf.

I am Lynsey Coutts, Active Schools Coordinator for the Portlethen Network. This newsletter is for information purposes to keep you updated on the work of Active Schools and the programmes on offer that your child(ren) may or may not already be involved in.

Remember, new suggestions for school clubs and activities are always welcome...the more opportunities we can offer the better!!

Events/Activities

1. Term 3 Activity Programmes
2. Volunteer Opportunities
3. Sportshall Badminton
4. Clubgolf

For more information on the extra-curricular sport and activity clubs on offer, please visit the Active Schools webpage:-

<http://www.aberdeenshire.gov.uk/leisure-sport-and-culture/active-schools/in-your-area/kincardine-and-mearns/>

Up to date details for both the primary and secondary networks can be found at the above link.

Term 3 Activity Programmes

Extra-curricular Activities - Primaries

Banchory Devenick Primary	P1-3/P4-7 Gymnastics P1-7 Yoga	Mondays Wednesdays
Portlethen Primary	P1-7 Yoga P1-3 Fun Circuits	Mondays Wednesdays
Fishermoss Primary	P1-7 Yoga P1-3/P4-7 Gymnastics	Mondays Thursdays
Newtonhill Primary	P4-7 Multi-Sports P1-3 Fun Circuits P1-7 Yoga	Mondays Tuesdays Wednesdays
Cluster Clubs (at Portlethen Academy)	P5-S1 Dance/Fun Fitness P5-7 Netball P3-7 Hockey	Tuesdays Tuesdays Tuesdays

Extra-curricular Activities - Academy

Mondays	S1-S6 Badminton/Table Tennis S1-S6 Hockey	Lunchtime After school
Tuesday	S1-S6 Tennis P5-S1 Dance/Fun Fitness	Lunchtime After school
Wednesdays	S1-S6 Netball S1-S6 Basketball S1-S3 Rugby	After school After school After school
Thursdays	S1-S4 Athletics S1-S6 Running	Lunchtime After school

Volunteers Needed

Do you have a sport or hobby you would like to share?

Active Schools are always looking for volunteers to help get more children more active, more often.

You do not have to have any previous coaching or sporting experience to get involved in the work of Active Schools. If you can spare 30 minutes or an hour each week over a few weeks your help would be greatly appreciated (this could be before school, during lunchtimes or after school).

If this is something you would be interested in, or you would like more information on, please contact me using the details below.

Sportshall Badminton

The Sportshall Badminton Challenge returns this term for the Primary 3 and Primary 4 pupils. Last year was the first year the Portlethen network primaries were involved in these sessions with the pupils thoroughly enjoying the activities.

The pupils will learn and develop some of the fundamental skills involved in badminton such as balancing, hand-eye coordination, and movement. These skills will be explored through fun challenges.



After three taster sessions each of the schools will select 10 pupils to represent their primary school at a cluster festival. The cluster festival is due to take place on 29th March. The two schools who come top at the cluster festival will be invited along to the regional event, held at Banchory Sports Centre on 29th April, to compete against other primary schools.

I hope the Portlethen network primaries are up to the challenge!!

Clubgolf

Terry Kennedy is back in the Portlethen network this term delivering fun introductory golf sessions to all primary 5 pupils.

Like the sportshall badminton, pupils will receive these sessions during scheduled PE times during their normal school day.

Each primary 5 pupil will get four sessions with Terry before receiving information on how to take golf further. If your child has an interest in pursuing golf, then concluding the taster sessions, they will be able to go along to Portlethen Golf Club for further participation.

The clubgolf sessions have always been well received by the pupils and well supported by the primary schools.



Who knows, maybe your child will become the next Paul Lawrie!

For more information on any of the topics mentioned in the newsletter, or for further information on the work of Active Schools and how to become involved, please get in touch using the contact details provided below:

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For more information on Active Schools visit: <http://www.aberdeenshire.gov.uk/leisure-sport-and-culture/active-schools/>

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