

Nithsdale Active Schools & Community Sport



January – March 2017 Update

SUMMARY

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Welcome Back – We hope you enjoyed your Easter break and are looking forward to a sporty summer term.

January to March was a very busy term and our Active Schools & Community Sport team would like to share a few of our achievements over this period.

SUPER 5'S CROSS COUNTRY

Super 5's has proved to be a very popular after school activity, seeing over 100 pupils sign up to the running league. The league results were as follows:

| | P7 Boys | | | P7 Girls | |
|-------------------|----------------|-------------|-------------------|---------------|-------------|
| 1 st | Euan Brown | Georgetown | 1st | Skye Rae | Heathhall |
| 2nd | Alex Scott | Dunscore | 2nd | Abbie Gray | Georgetown |
| 3rd | Freddie Duncan | Closeburn | 3rd | Sara Thomson | Georgetown |
| | P6 Boys | | | P6 Girls | |
| 1 st | Niall Rogerson | Heathhall | 1st | Leah Brown | St Andrew's |
| 2 nd | Archie Scott | Sanquhar | 2 nd | N/A | N/A |
| 3 rd | Leon Robertson | Heathhall | 3 rd = | N/A | N/A |
| | P5 Boys | | | P5 Girls | |
| 1 st | Billy Gray | Georgetown | 1st | Clara Conchar | Georgetown |
| 2 nd = | Jacob Holden | Laurieknowe | 2nd | Eve Crombie | Noblehill |
| 2 nd = | Cameron Edgar | Georgetown | 3 rd | Rachel Eden | Troqueer |
| 3rd | Samuel Wojciak | Troqueer | | | |

This year we saw a huge number of pupils attending 5 out of 5 races which saw them all achieving the gold certificate. Photo of last race at Maxwelltown High School and overall winners Niall Rogerson & Skye Rae



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NITHSDALE BADMINTON COMPETITION

Following cluster heats, 40 pupils took part in the Nithsdale Badminton Competition to determine the pupils who would progress to the regional final. The winners and runners up in each category went forward to compete regionally.

| P6 Boys | | | P6 Girls | | |
|---------|------------------|--------------|----------|--------------------|--------------|
| 1 | Callum Howat | St Michael's | 1 | Neve Caven | St Teresa's |
| 2 | Oliver Clanachan | Dunscore | 2 | Amy Jardine | St Ninian's |
| 3 | Murray Hunter | Troqueer | 3 | Daisy Arnold | Moniaive |
| P7 Boys | | | P7 Girls | | |
| 1 | Fergus Cubbon | Noblehill | 1 | Katy Anderson | Caerlaverock |
| 2 | Fergus Clanachan | Dunscore | 2 | Shana McHugh | Lincluden |
| 3 | Ewan McMeckan | Laurieknowe | 3 | Nicole Telfer-Hume | Kelloholm |



P6 Medal winners with Provost Ted Thompson



P7 Medal Winners with Provost Ted Thompson

REGIONAL BADMINTON COMPETITION

Pupils from across the region took part in the 4th annual Regional Badminton Competition. Congratulations to Callum, Oliver, Neve and Fergus. Winners and runners-up will now progress to the National Primary event at Perth on Sat 6 May.

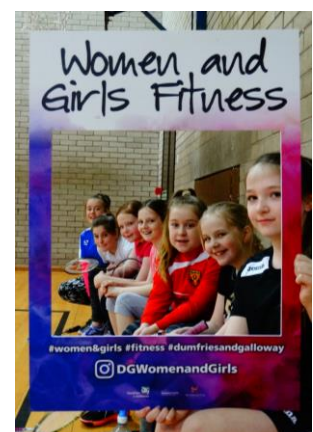
| P6 Boys | | | P6 Girls | | |
|---------|------------------|--------------|----------|----------------|--------------|
| 1 | Callum Howat | St Michael's | 1 | Evie Clark | Newington |
| 2 | Kyle Moffat | Creetown | 2 | Neve Caven | St Teresa's |
| 3 | Oliver Clanachan | Dunscore | 3 | Robyn Sterritt | Port William |
| P7 Boys | | | P7 Girls | | |
| 1 | Rory Mann | Penninghame | 1 | Jessica Murray | Newington |
| 2 | Fergus Cubbon | Noblehill | 2 | Chloe McElrea | Port William |
| 3 | Fraser McMillan | Gretna | 3 | Jessica Sproat | Sandhead |



Regional Winners 2017



Selfie Board Fun!!



• Upcoming Events –

Term 4

- Netball League
- P1-2 Potted Sports
- P3 Tennis Programme
- P4 Active Games
- P5 Golf Festival
- Cricket Programme(s)
- Regional Golf Comp
- Netball Fun 5z Festival
- Guid Nychburris Swim Gala
- Sprint Relay
- Regional Athletics (Learning, physical & sensory disabilities)
- Guid Nychburris Football Festival

GIRLS FOOTBALL FESTIVAL

140 girls took part in the Primary Girls Football Festival at Dumfries High School 3G in March. Primary 4-7 Girls from 13 Primary Schools attended the fun event. Due to the success and need for more girls football, further opportunities will become available after school in the near future.



MABIE MILE – COMMUNITY FUN RUN

75 people took a trip to Mabie Forest to take part in the revamped Mabie Mile event which year included family groups and women and girls. Running and jogging has become very popular in the last few years and the introduction of the Junior Park Run at Dock Park every Sunday has also seen an increase in families enjoying running.

Although the event is a fun run with no prizes, we encouraged runners to take selfies, using our new selfie boards, at the end of the race and share their personal achievement through social media. This will now become an annual event



Bikeability Training - Bikeability provides our children with the necessary skills to keep active and ride confidently on today's roads. We are no longer in the privileged position where Road Safety officers can deliver such a cycle training programme for us and for several years we have relied upon a mixture of volunteer and school staff input. We held 2 training courses for school and community staff in March.



Bikeability CTA training at Sanquhar



At Maxwelltown High School

CROSS COUNTRY CHAMPIONSHIPS

This year we had 420 pupils from 24 Primary schools take up the cross country challenge on a very wet, cold, 'sideways' rainy day at King George V. Well done to everyone who participated and attended.

INDIVIDUAL RESULTS

| | | | | | |
|----------------------------------|------------------|--------------|---------------------------------|-------------------|--------------|
| Small Schools P4/5 Girls | | | Small Schools P4/5 Boys | | |
| 1 | Charlotte Dutton | Shawhead | 1 | Fergus McEwan | New Abbey |
| 2 | Grace Scotney | Amisfield | 2 | Sonny Dawson | Hollywood |
| 3 | Madison Lambert | St Teresa's | 3 | Zak McGill | New Abbey |
| Middle Schools P4/5 Girls | | | Middle Schools P4/5 Boys | | |
| 1 | Abi Rush | Brownhall | 1 | Alex O'Hagen | Cargenbridge |
| 2 | Millie Porteous | Cargenbridge | 2 | Monty Duncan | Closeburn |
| 3 | Zara Gibson | Cargenbridge | 3 | Lucas Astley | Cargenbridge |
| Small Schools P6/7 Girls | | | Small Schools P6/7 Boys | | |
| 1 | Katy Anderson | Caerlaverock | 1 | Sam Barbour | Shawhead |
| 2 | Karen McIntosh | Kirkbean | 2 | Ronnie Jardine | St Teresa's |
| 3 | Georgie Murray | Caerlaverock | 3 | Aaron Scotney | Amisfield |
| Middle Schools P6/7 Girls | | | Middle Schools P6/7 Boys | | |
| 1 | Bregan Caven | Locharbriggs | 1 | Kieran Brown | Brownhall |
| 2 | Priya Rome | Dunscore | 2 | Fergus Clanachan | Dunscore |
| 3 | Lara Barnes | Dunscore | 3 | Innes Magee | Cargenbridge |
| Large School P6 Girls | | | Large School P6 Boy | | |
| 1 | Alicia Igbiginun | St Michael's | 1 | Niall Rogerson | Heathhall |
| 2 | Macey Zygadlo | Laurieknowe | 2 | Callum Williamson | Heathhall |
| 3 | Kate Wright | Heathhall | 3 | Jacob Pagen | Kelloholm |
| Large Schools P7 Girls | | | Large School P7 Boys | | |
| 1 | Skye Rae | Heathhall | 1 | Luis Dalziel | Heathhall |
| 2 | Abbie Gray | Georgetown | 2 | Isaac Scott | Georgetown |
| 3 | Emma Kenyon | Kelloholm | 3 | Unnamed | Noblehill |

SCHOOL TEAM RESULTS

| | | | | | |
|----------------------------------|-------------------|---|---------------------------------|--|--|
| Small Schools P4/5 Girls | | | Small Schools P4/5 Boys | | |
| 1 | St Teresa's | 1 | New Abbey | | |
| 2 | Amisfield | 2 | Hollywood | | |
| 3 | Hollywood | 3 | Amisfield | | |
| Middle Schools P4/5 Girls | | | Middle Schools P4/5 Boys | | |
| 1 | Cargenbridge | 1 | Cargenbridge | | |
| 2 | Closeburn/Penpont | 2 | Closeburn/Penpont | | |
| 3 | Dunscore | 3 | Brownhall | | |
| Small Schools P6/7 Girls | | | Small School P6/7 Boys | | |
| 1 | Caerlaverock | 1 | Shawhead | | |
| 2 | Kirkbean | 2 | New Abbey | | |
| 3 | Amisfield | 3 | St Teresa's | | |
| Middle Schools P6/7 Girls | | | Middle Schools P6/7 Boys | | |
| 1 | Dunscore | 1 | Dunscore | | |
| 2 | Locharbriggs | 2 | Brownhall | | |
| 3 | Cargenbridge | 3 | Closeburn/Penpont | | |
| Large Schools P6 Girls | | | Large Schools P6 Boys | | |
| 1 | Laurieknowe | 1 | Heathhall | | |
| 2 | St Michael's | 2 | Laurieknowe | | |
| 3 | Loreburn | 3 | Noblehill | | |
| Large Schools P7 Girls | | | Large Schools P7 Boys | | |
| 1 | Heathhall | 1 | Noblehill | | |
| 2 | Georgetown | 2 | St Michael's | | |
| 3 | Troqueer | 3 | Georgetown | | |



Two meritorious shields were awarded to Moya Flannagan from Penpont and Ajay Turner from St Ninian's for outstanding kindness and sportsmanship on the day. Schools are reminded that trophies are to be returned each year.

JIGS & REELS – ‘PERFORM IN DUMFRIES’

Following weeks of practice as part of the Active Schools & Community Sport ‘Jigs & Reels’ curricular programme with our expert coach Jayne Riddet, schools were invited to attend the Perform in Dumfries Scottish Country Dance Festival. 11 Teams from 7 Nithsdale Primary Schools took part in non-competitive section. We hope the pupils enjoyed the experience and may even consider the scored category next year...



Cargenbridge Primary Pupils



Brownhall Primary pupils

BREAKFAST & LUNCH CLUBS

Various breakfast and lunch clubs have been running this term from jogging, dance, badminton, netball and dodgeball. We currently have a fantastic team of community sport coaches who can cater to pretty much any need – ask your Active Schools & Community Sport Officer for more information.



Dodgeball breakfast club at Duncow



Lunchtime jogging club at St Michael's (Dock Park)

FIT FAMILIES – AFTER SCHOOL CLUB

The Fit Families sessions have continued to prove successful as more families have been joining us at our evening activities, mostly based at our central location at Dumfries Academy. This 8-week block saw a fantastic variety of activities including table tennis, hockey, netball, ceilidh dancing, athletics, football, badminton and team building. We will be continuing this popular activity at more outdoor locations leading up to the Summer holidays.



Hockey



Netball



Football



Athletics

ACTIVE GIRLS WEEK

Female pupils from St Andrew's Primary, St Teresa's Primary and St Joseph's College recently took part in a week of girls only activities organised by the cluster Health Group. Throughout this term girls have enjoyed participating in Fairy Bod Mother sessions, cheerleading, football and multi sports classes. All sessions were delivered by female coaches and volunteers and attendees received water, fruit and an Active Girls Week certificate. Meanwhile the girls at St Joseph's College took part in cricket sessions delivered by former pupil Rosy Ryan, now the West Region Women & Girls' Development Officer for Cricket Scotland.



EASTER HOLIDAY FUN

We provided lots of opportunities for children of all ages to participate in sport and physical activity throughout the Easter holidays. Activities included table tennis, mini athletics, fun 5z netball, pre-school balance bikes, a triathlon day camp at Sanquhar and our newest activity, Bikeability cycling camp, which ran over 2 days at Maxwelltown High School. We also linked with lots of local sport clubs to promote and assist with their activities such as the Tennis Camp at Dumfries Tennis Club, Golf coaching at Thornhill Golf Club, SFA Football Camp at QOS Arena and Racketball taster sessions at Laurieknowe Squash & Racketball Cub. All in all, we had a great Easter!



Balance Bikes



Fun 5z Netball



Mini Athletics



Bikeability Camp

Thank you for reading – we hope you are finding this Newsletter useful. If you have any comments please email us at NithsdaleActiveSchools@dumgal.gov.uk