



# Wester Cleddens

## Sports Newsletter – Term 2

Dear Parents/Carers



The SportScotland Gold Award we received in November recognised a very positive year for sports development at Wester Cleddens Primary, and with the continued support of Lyndsey Jackson, our Active Schools Co-ordinator, we are looking forward to offering your child plenty of further opportunities to be active with their classmates in 2018.

In term 1 71% of the boys and girls within the school participated in either a lunchtime or after school sports club. We would like to take this opportunity to say a big thank you to our Sports Captains and current Active Leaders who have led and took part in clubs. Mr Lockyer has put together a Sports Newsletter, which we hope you find useful. If you have any further questions, please do not hesitate to contact us via the School Office.

Yours sincerely

Mrs MacKenzie and Mrs Kynigos  
Senior Leadership Team



### Term 2 P.E Days until 9<sup>th</sup> February

Your child's P.E days until Friday 9<sup>th</sup> February are shown in the table (right). We will advise you of any changes to gym days (taking effect from 15<sup>th</sup> February) via the weekly diary.

P1	Monday and Thursday
P2	Tuesday and Wednesday
P2/3	Monday and Tuesday
P3	Tuesday and Thursday
P4	Monday and Thursday
P5	Wednesday and Friday
P6	Tuesday and Wednesday
P7	Monday and Thursday

### Sports Committee



In December, our school Sports Committee met and used feedback taken from each class to discuss which clubs our Active Leaders might wish to run in 2018. The Committee agreed that every pupil should have opportunities to participate in lunchtime or after-school clubs and have created a timetable for this term after speaking to teachers, Sports Captains and our existing team of Active Leaders.

Our successful Active Together Rewards Scheme that tracks and recognises attendance at school clubs will continue and many pupils can look forward to achieving Bronze and Silver badges this term. Participating in these activities improves children's physical health, self-esteem and can bring social benefits in helping children feel part of our Wester Cleddens school community.





## Confirmed Active Schools Clubs During Term 2



Day	Club	Lunch/After School	Open to	Dates
Monday	ABC Club	Lunch	P3	15 <sup>th</sup> , 22 <sup>nd</sup> & 29 <sup>th</sup> Jan.; 5 <sup>th</sup> Feb.
	Football	Lunch	P2	19 <sup>th</sup> & 26 <sup>th</sup> Feb.; 5 <sup>th</sup> & 12 <sup>th</sup> Mar.
	Netball	After school	P5-7	22 <sup>nd</sup> , 29 <sup>th</sup> Jan.; 5 <sup>th</sup> Feb.
Tuesday	ABC	Lunch	P1	23 <sup>rd</sup> & 30 <sup>th</sup> Jan; 6 <sup>th</sup> & 20 <sup>th</sup> Feb.
	Football	After school	P6-7	16 <sup>th</sup> , 23 <sup>rd</sup> , 30 <sup>th</sup> Jan; 6 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> Feb.; 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup> Mar.
Wednesday	Dance	Lunch	P3-4	17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> Jan.; 7 <sup>th</sup> , Feb.
	Football	Lunch	P3	24 <sup>th</sup> , 31 <sup>st</sup> Jan; 7 <sup>th</sup> , 21 <sup>st</sup> & 28 <sup>th</sup> Feb.
Thursday	Dance	Lunch	P2	22 <sup>nd</sup> Feb.; 1 <sup>st</sup> , 8 <sup>th</sup> , 15 <sup>th</sup> March.
	Fitness	After school	P5	25 <sup>th</sup> Jan; 1 <sup>st</sup> , 8 <sup>th</sup> and 15 <sup>th</sup> Feb.
Friday	Basketball	Lunch	P4-5	19 <sup>th</sup> , 26 <sup>th</sup> Jan.; 2 <sup>nd</sup> & 9 <sup>th</sup> Feb.

There will be a letter with a tear-off reply slip for each of the confirmed clubs (outlined above) detailing who is leading the session, suggested suitable clothing and any other relevant information. All sessions delivered by our Active Leaders are supervised by a member of staff.

We are delighted to have a parent volunteer, Mrs Wilkin, offering fitness sessions to our P5 pupils. If you would like to offer your prior skills or experience to run a club, or are interested in attending free training sessions organised by East Dunbartonshire's Active Schools team, please write a note in your child's homework diary and I will be in contact.



## Primary Cross Country Races



Last term many children participated in the schools' cross-country races organised by Springburn Harriers. These races are open to all P5-P7 pupils and provide excellent opportunities for children to use all their experience participating in our school's daily kilometre. Detailed below is a list of the upcoming events organised for by local clubs. More information on entry will be shared closer to the dates:

- Sunday 28<sup>th</sup> January 2018: 1.2km Springburn Harriers Schools Cross Country Race at Woodhead Park, Kirkintilloch
- Sunday 18th February 2018: 2km Garscube Harriers Schools Cross Country Race at Maryhill Park, Glasgow
- Saturday 10th March 2018, Springburn Harriers Schools Cross Country Race at Bishopbriggs Leisuredrome

## Weekly Free Timed Junior 2km:

Victoria Junior Parkrun is a free 2k run for juniors only (4-14 year olds) held every Sunday at 9.30am in Victoria Park, Glasgow (G14 9NW). Runners are required to register once online (free) for a re-usable printable barcode before their first run, which allows each participant to receive a time upon completion.