



---

## BANCHORY PRIMARY SCHOOL

# ACTIVE SPORTS CLUBS

## P R O G R A M M E

---

A message from your Active School Co-ordinator:

BE A 60 MINUTE KID! Do you know that to keep fit & healthy you should be doing 60 minutes of physical activity a day? Why not attend some of our clubs to get towards that target?

Your Active School Co-ordinator is Leanne Ross  
email: [LRoss2@clacks.gov.uk](mailto:LRoss2@clacks.gov.uk) Tel: (01259) 222356



**Parental Consent Form**

Child's Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Class: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent/Guardian's name: \_\_\_\_\_

**Contact Phone Numbers:**

Home: \_\_\_\_\_ Mobile: \_\_\_\_\_

Alternative: \_\_\_\_\_

Does your child have any additional support needs that we should be aware of (e.g., special diet, medication, illness/injury?)

Yes

No

If yes please give details: \_\_\_\_\_

*I understand that staff will take all reasonable care to ensure the safety of my child, but they cannot be held responsible for any injury, damage or loss incurred whilst in their care.*

*Please indicate whether your child will be collected from school or is expected to walk home by themselves.*

Collected

Walk

**I wish my child to register for the following classes:**

\_\_\_\_\_  
\_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

**PLEASE HAND THIS FORM & FEE TO THE SCHOOL OFFICE IN A SEALED ENVELOPE BY  
THURSDAY 14th JANUARY 2010**

## ACTIVE SPORTS CLUBS JANUARY - MARCH 2010

Day	Activity	Dates	Age Group	Times	Total Cost
Tuesday	Breakfast Activity Club <b>*please note breakfast costs an additional 75p - payable on the day.</b>	19/26 Jan 2/9/X/23 Feb 2/9/16/23/30 March	P1-7	08.30-9.00am	£2.50
	Badminton	19/26 Jan 2/9/X/23 Feb	P4-7	3.00-4.00pm	£2.50
Wednesday	Breakfast Activity Club <b>*please note breakfast costs an additional 75p - payable on the day.</b>	20/27 Jan 3/10/X/24 Feb 3/10/17/24/31 March	P1-7	08.30-9.00am	£2.50
	Rugby (Outdoors)	20/27 Jan 3/10/X/24 Feb	P6-7	3.00-4pm	£2.50

## GET ACTIVE AT EASTER 2010!!

Stay involved this Easter through the many activity programmes that Sports Development has on offer. Specific flyers will come out through your schools at the start of March but so that you can start planning here are a few ideas of what you can expect to see on offer:

Dates	Activity	Venue
Tues 6th - Fri 9th April '10	FREE Swimming	Alloa Leisure Bowl
	Football	Market Park, Dollar
Mon 12th - Fri 16th April '10	FREE Swimming	Alloa Leisure Bowl
	Football	Alloa Athletic
	Gymnastics (Pre-school)	Speirs Centre
	Multi-sports (Pre-school)	Lornshill Academy
	Carnivals of Sport	Lornshill Academy

For further detail contact Sports Development on 01259-222350



## What is Positive Coaching Scotland?

PCS creates a positive environment in youth sport which focuses on:

- encouraging effort and learning
- improving performance
- fostering competition which helps young people deal positively with mistakes

All the coaches and leaders within our Active Schools programme will have completed workshops that allow them to use the PCS principles of mastery coaching giving the children the best possible experience and allowing them to reach their maximum potential.

Visit [www.positivecoachingscotland.com](http://www.positivecoachingscotland.com) for more details.

There are free, one-hour workshops available for parents which are useful in explaining how to talk to your child in the context of sport. These are available in each school - ask your Parent Council or contact Sports Development for dates.

**Visit our website for more information on Sports Development classes, Coach Education, Festivals & Competitions**  
**[www.clacksweb.org/sportsdevelopment](http://www.clacksweb.org/sportsdevelopment)**