



# Milne's High School

Active Schools Annual Report 2014-15

# Milne's High School

Milne's High School is a six year comprehensive school in Fochabers serving the areas of Fochabers, Mosstodloch, Lhanbryde, Garmouth and Spey Bay. It is a relatively small school with a roll of under 500 in 2014-15, and is seventh in size of Moray's eight secondary schools. A recent refurbishment of the school and the adjoining facilities has increased the potential of the school to run activities on-site, so much so that the school & community centre complex was chosen to be one of Moray's Community Sports Hubs. This has further increased the links between community and school and provided more opportunities for students to participate in extra-curricular activity.

## **Impact of Active Schools**

Milne's High School pupils have taken part in most of the Moray-wide festivals/events run as part of extensive programme organised by Active Schools for secondary schools in 2014-15. These have ranged from netball and badminton to cross country and orienteering. There were some notable successes for the school at both the Moray Schools Orienteering Festival held in October at Gordonstoun School, and at the Secondary Schools Cross Country held at Lossiemouth High School in November.

A particularly successful activity at the school has been the girls-only fitness group, delivered in the fitness suite of the community centre with funding from the Fit For Girls programme. This involves a group of traditionally inactive girls taking part in weekly gym sessions that are structured and supervised, and once a month working with a fitness coach who monitors and evaluates their progress. We used seed funding from Sportscotland to establish the programme and it continues as a successful joint venture involving Active Schools, the PE department and the community centre. In 2014-15 we successfully rolled this programme out to boys too, and this has also seen some great success with the support of school staff.

## **Deliverers Network**

In 2014-15 Active Schools provided an extensive calendar of CPD and other training opportunities for school staff, volunteers and senior pupils. Most of these opportunities were free to the participants in order to remove all possible barriers to potential delivery. Courses delivered included: Boccia Leaders; Autism Awareness for Activity Leaders; and Teaching Orienteering Parts 1 & 2. Alongside these courses opportunities were provided for more committed volunteers to undertake further training, e.g. Trail Cycle Leader training has been provided for staff in the past and the school are starting to see the benefits of this now.

A good example of this training in action at Milne's High School is mountain biking. A member of staff from the school and a parent volunteer were provided the opportunity to gain the Trail Cycle Leader qualification. This has seen these individuals taking part in organised rides with students and other qualified mountain bikers with plans to organise further activities in and out of the school. For adventurous activities such as mountain biking it is important that volunteers are not just appropriately trained but also well-supported. For this reason Active Schools maintains a hands-on involvement in these activities to ensure procedures are adhered to and that a robust mentoring system is in place.

The school has benefited from a number of trained senior students that are able to assist staff and increase capacity for delivery. Many of these young volunteers are involved in national programmes facilitated in the school by Active Schools, including Young Ambassadors (a London2012 Olympic Legacy programme), and Lead 2014 (a Glasgow 2014 Commonwealth Games youth programme).

## **School to Club Links**

Active Schools builds links within the wider community in order to assist pupils with their sporting development outside of school. Although it is important that pupils have a pathway to progress in their chosen sport or physical activity, Fochabers is not an area with a large number of clubs and many people have to travel further afield to places like Elgin in order to participate. For this reason it is particularly important that the school forges good links to the few clubs that are active in the area, and supports the other smaller-scale activities that take place on the school grounds.

Milne's Archery, Fochabers Cricket Club, Moravian Orienteers, Spey Runners, and the burgeoning after-school rugby set-up are examples of clubs and activities that we worked with in 2014-15 to develop links with on behalf of the school.

The rugby activity is a good example of how school sport can develop to fill a gap if no community club exists. With the help of some dedicated volunteers (mainly parents), rugby at Milne's High School has developed at a fast pace. It has moved from something that initially only took place in the primary schools, to having a strong curricular representation at secondary school, and now has an after school club that, in the absence of an actual local rugby club, provides an outlet for those that wish to progress further in the sport. The club is also supported by the Scottish Rugby Union Regional Development Officer, George Whitecross, who organises fixtures and transport and helps facilitate a pathway to Moray RFC in Elgin. The success of this activity at the school is dependent in large part on volunteer commitment. All of those involved attended the SRU's Rugby Ready training course, and some of the coaches have undertaken the first stage of the UKCC framework. This club shows the willingness of the school and local community groups to work together and overcome barriers. This year the cost of using the Astroturf and floodlights became prohibitive for the club through the winter months, so the club pulled together and now functions as a very strong seasonal activity club only operating when the light allows.

The attached monitoring report has been produced by Sportscotland on our behalf and contains the 'outputs' of our efforts to create more opportunities for children to get active in 2014-15. We hope this might be useful for inspections, for dissemination to parents, or simply for your own information. Please contact me directly if there is anything in the report you would like to discuss in detail, or if you need any more information.

Cameron Steel  
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Lossiemouth HS, Milne's HS & Elgin Aca