



Penicuik High School

Tuesday 05 March 2024

Information Bulletin for Students

SPIN CLASS

Unfortunately the spin studio is out of use for the month of March so we are unable to access the spin bikes. Apologies but this means there will be no after school spin until after the Easter break.

Miss McShannon

NHS LOTHIAN

The School Nursing Team will be in school on Friday 15 March 2024. They will be speaking to S1 at Assembly Period 1 about the vaccination Programme.

Midlothian Schools Golf

The next Midlothian Schools Golf fixture of the season will be on **Friday 22nd March at Newbattle Golf Club, 2pm.**

If you are interested in this event please speak to the PE department for more information.



JOIN THE TEAM

VOLUNTEER WITH ACTIVE SCHOOLS

COACHING | TRAINING | MENTORING

Volunteers Wanted!

Could you volunteer some spare time with Active Schools Midlothian?

We're looking for volunteers passionate to lead or support sports/physical activity sessions for children aged between 5 – 18 years. Training and support provided.

Interested? Get in touch via this email address to start the ball rolling!

activeschools@midlothian.gov.uk

www.activemidlothian.org.uk/coaching-or-volunteering/

COACH

**Sports Scotland
ACTIVE SCHOOLS
Midlothian**

Leading Athletics Workshop

The 3 hour Leading Athletics workshop is available for club volunteers and school pupils (14+) and allows for the training and development of new volunteers, with the ultimate aim of supporting existing leadership programmes and attracting more young leaders into the sport of athletics

When & Where: Friday 22nd March 2024 1.30pm - 4.30pm
Newbattle High School

Who for: Volunteers aged 14+ with an interest in gaining an Athletics qualification & experience delivering Athletics coaching sessions to young people

Cost: £15 (plus a commitment to lead 3 hours worth of volunteering in Athletics for Active Schools Midlothian) Sign-Up



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Info: To book your place & find out more about payment & volunteer commitment email:
activeschools@midlothian.gov.uk

Course Overview: While not a formal qualification, the Leading Athletics workshop is aimed at individuals looking to gain the skills to lead athletics activities to young athletes. Individuals completing the course will be able to support Coaching Assistant and Athletics Coaches or support curricular or extra curricular athletics in primary schools

As part of the course you will receive free access to the Leading Athletics interactive App which provides course resources, ideas for leading activities and the Game Cards used on the workshop.

The resources include information on the roles and responsibilities of a leader, how to lead a fun and inclusive athletics sessions. The support resource also explores the key principles of running, jumping and throwing whilst providing technical information which support these principles

WORLD BOOK DAY

As part of the celebrations for World Book Day in the first week of March, Scholastic are holding a number of free events which may be of interest to you and particularly your BGE classes.

Many of the events are cross-curricular, and you may wish to register for them.

<https://shop.scholastic.co.uk/scholastic-live-world-book-day>

Mrs Sneddon