



Ross High School
Extra - Curricular Programme
Term 1 – 2017/18



Welcome back for another year and I hope you had a great Summer Holiday.

Here is your eagerly anticipated Ross High Sport Active Schools Timetable of activities and clubs for 2017/18.

As always we have great range of activities in place for you to try out, then possibly move onto a club to begin your journey into club sport....., if not just take part and have fun as well as keeping fit and healthy while you are at it!

How do you join a Ross High Sport Active Schools Club?

To join a club, just complete and return the Parental Consent Form (on the reverse of this letter) to Mark Urwin at Ross HS.

You can hand it to Mark in the Active Schools Office, or post it in the Active Schools Post Box outside his office beside the PE Dept. classroom.

As always if you have any questions about this programme or any other Active Schools initiative please do not get in touch via the details below.

Thank you, and I look forward to seeing you all at the various clubs through 2017/18, helping to make Ross High School as Active as possible!

Yours in sport,

Mark Urwin, Active Schools Coordinator – Ross High School,

Mobile: 07969 428 586

Email: murwin@elcschool.org.uk

Find Us On: Facebook: Ross High Active Schools & Twitter: @RossHighSport

If you need to make a payment, please make sure you use a sealed envelope and make cheques payable to "East Lothian Council".

Please write the pupils name, register class and the name of the club the payment is for, on the back of the cheque. Please make sure you get your payment in by **THURSDAY 24th August**. ☺

EAST LOTHIAN COUNCIL – ROSS HIGH SCHOOL
DEPARTMENT OF EDUCATION AND COMMUNITY SERVICES - PARENTAL CONSENT FORM

Excursion: **Ross High School Sport & Physical Activities 2017/18**

Cost (If applicable) £ _____

Name of Pupil: _____ Age: _____ Register Class: _____

Home Address: _____

We intend to use a “Team App” to keep you up to date with news, events & fixtures, as such we need both the pupils and parents email addresses to send you the link for the App. Please make sure you include them below.

Pupils: Mobile: _____ **Pupils Email:** _____

Home Telephone: _____ **Parents Name (Print):** _____

Parents Mobile: _____ **Parents Email:** _____

Alternative contact name and telephone number for use in emergency: _____

Please print the clubs the pupil wishes to join. _____

Is a Parent willing to help Transport their child and others to and from matches? Please circle: - Yes / No

Would a Parent like more information about volunteering within the Active Schools programme- Yes / No

Access To Leisure Pass code _____ Access To Leisure Pass Expiry date _____

In the event of an emergency, it is important that the person in charge of the group has the necessary information about any medical condition which could affect the participation or treatment of your child / ward. All information requested will be treated in strict confidence, and will not necessarily prejudice the inclusion of your child in the activity. It is in the interests of your child that full and accurate information to be given and that you notify us of any change in circumstances, which might affect participation.

Has your child/ward had recent surgery or been in contact with any infectious or contagious disease?

Has your child/ward any known allergy (e.g. to penicillin)?

If your child/ward is currently undergoing treatment by a Doctor please give details including medication?

Has your child/ward received a tetanus injection within the last 10 years?

Is there any activity in which your child may not participate?

Is there any additional information we should have? (Travel sickness, bedwetting, diet, diabetes, etc.)

Name of Family Doctor: _____ Tel. No. _____

Address: _____

Insurance Information

East Lothian Council Public Liability Insurance will meet claims resulting from accidental injury or damage to property if it is proved it was caused as a result of negligence on the part of the Council or a Council employee. Participants wishing to obtain cover for personal accident and Third Party Liability are advised to contact an insurance company or broker.

Declaration:

I have read the information issued concerning the activity and the statement of insurance. I understand the nature of the activity / activities to be undertaken and consider my child/ward fit to take part. He/She does not suffer from any medical condition not stated above. I hereby consent to the submission of the above named to emergency medical or surgical treatment including the administration of anaesthetic or blood transfusion as considered necessary by the medical authorities present.

It is the parent/guardians responsibility to make sure their child arrives and returns home from the club.












I have enclosed £ _____ payment.. Cheques should be made payable to “East Lothian Council”

If you do not give permission for us to use your child’s image in school or Active Schools promotional materials or footage including the Active Schools websites, Twitter & Facebook please inform Mark Urwin in writing or email him at admin@rosshighsport.co.uk.












Parent /Guardian Name (Block Capitals): _____ Date: _____

Parent /Guardian Signature: _____














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| Activity / Club | Age Group | Day | Dates | Times | Venue | Cost | Coaches |
|--|-------------------|------------|--|------------------|-----------------------|--|--|
| Trampolining Block A  | Everyone Welcome! | Mondays | 28 Aug, 4 th , 11 th , 25 th Sept, 2 nd , 9 th Oct | 4pm to 5pm | Ross HS Gym 1 | £15 Due by 24th August | City of Edinburgh Trampoline Club Coaches |
| Basketball Boys & Girls  | Everyone Welcome! | Mondays | From Mon. 28 th Aug | 3.45pm to 5pm | Ross HS Games Hall | FREE | Mr Grant Parental Support Required! |
| Badminton  | Everyone Welcome! | Tuesdays | From Tue. 5 th September | 1.10pm to 1.30pm | Ross HS Games Hall | FREE | Senior Pupils |
| Table Tennis  | Everyone Welcome! | Tuesdays | From Tue. 29 th August | 1.10pm to 1.30pm | Ross HS Gym 1 | FREE | Mr White |
| Tennis  | Everyone Welcome! | Tuesdays | From Tue 29 th August | 4pm to 5pm | Ross HS Games Hall | FREE | Miss Benson (Also Sometimes @ Polson Park) |
| Badminton  | Everyone Welcome! | Wednesdays | From Wed. 30 th August | 3.35pm to 4.45pm | Ross HS Games Hall | FREE | Miss Benson |
| Cricket  | S1, S2 & S3 | Wednesdays | From Wed. 23 rd August | 1.10pm to 1.30pm | Ross HS Games Hall | FREE | Mr Chalmers |
| Indoor Bowls  | Everyone Welcome! | Wednesdays | From Wed. 30 th August | 1.10pm to 1.30pm | Ross HS Gym 1 | FREE | Senior Pupils |
| Basketball  | Everyone Welcome! | Thursdays | From Thurs. 31 st August | 1.10pm to 1.30pm | Ross HS Gym 1 | FREE | Senior Pupils |
| Archery  | Everyone Welcome! | Thursdays | From Thurs. 31 st August | 3.35pm to 4.45pm | Ross HS Gym 1 | FREE | Mark Urwin |
| Tap Dance  | Everyone Welcome! | Mondays | From Mon. 28 th August | 1.10pm to 1.30pm | Ross HS Gym 1 | FREE | Miss Kerr |

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|---|-------------------|---|--|------------------|-----------------------------|------|---|
| Football Girls  | S1 to S3 Girls | Mondays | From Mon. 28 th Aug. | 1pm to 1.30pm | Ross HS Games Hall | FREE | Ms Campbell Parental Support Required! |
| Fitness Class (Girls)  | All Girls | Mondays | From Mon. 28 th Aug | 3.35pm to 4.45pm | Ross HS Gym 1 | FREE | Miss Protheroe |
| Running Club (Girls)  | All Girls | Mondays | From Mon. 28 th Aug | 3.35pm to 4.45pm | Ross HS Playing Fields | FREE | Miss Anderson |
| Netball (Girls)  | All Girls | Thursdays | From Thurs. 24 th Aug | 3.35pm to 4.45pm | Ross HS Games Hall | FREE | Miss Anderson, Miss Kershaw, Miss McKay Parental Support Required! |
| Rugby (Girls)  | All Girls | Tuesdays & Thursdays | From Tue & Thurs 22 nd & 24 th Aug | 3.35pm to 5pm | Ross High Rugby Club | FREE | Mr Davidson Parental Support Required. |
| Hockey (S1)  | S1 Girls | Tuesdays | From Tue. 22 nd Aug | 3.35pm to 5pm | Ross HS Astro & Away Venues | FREE | Miss Protheroe & Miss Kershaw Parental Support Required! |
| Hockey (S2)  | S2 Girls | Wednesdays | From Wed. 31 st Aug | 3.35pm to 5pm | Ross HS Astro & Away Venues | FREE | Miss Brown Parental Support Required! |
| Hockey (Un 15s)  | S3 Girls | Wednesdays | From Wed. 31 st Aug | 3.35pm to 5pm | Ross HS Astro & Away Venues | FREE | Mrs Hill & Miss Carrigan Parental Support Required! |
| Hockey (Un 18s)  | S4, S5 & S6 Girls | Wednesdays | From Wed. 31 st Aug | 5pm to 6pm | Ross HS Astro & Away Venues | FREE | Mrs Gordon Parental Support Required! |
| Girls Fitness Early Morning  | All Girls | Fridays | From Fri. 25 th Aug | 7.30am to 8am | RHS Gym 1 | FREE | Miss Anderson & Miss Protheroe |
| Social Fun Football  | All | We are looking to set up a weekly Football Session for pupils who don't, or don't want to play for a Club. Think of it as Social Football – FUN 5's - Sign Up, and Mark Urwin will contact you with details. | | | | | |

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|---|--|---|--|----------------------|-------------------------|-------------------|---|
| Rugby (Un 13's)  | Boys Born Sept 2004 to Aug 2005 | Tuesdays & Thursdays | From Tue & Thurs 22 nd & 24 th Aug | 3.35pm to 5.30pm | Ross High Rugby Club | FREE | Mr Weatherhead Parental Support Required! |
| Rugby (Un 14's)  | Boys Born Sept 2003 to Aug 2004 | Tuesdays & Thursdays | From Tue & Thurs 22 nd & 24 th Aug | 3.35pm to 5.30pm | Ross High Rugby Club | FREE | Mr McNeill & Mr Douglas Parental Support Required! |
| Rugby (S3 & S4 = Un 16's)  | Boys D.O.B. Sept 2001 to Aug 2003 | Tuesdays & Thursdays | From Tue & Thurs 22 nd & 24 th Aug | 3.35pm to 5.30pm | Ross High Rugby Club | FREE | Mr Chalmers, Mr Clements & Mr Miller Parental Support Required! |
| Rugby (Un 18's)  | Boys D.O.B. Sept 1999 to Aug 2001 | Tuesdays & Thursdays | From Tue & Thurs 22 nd & 24 th Aug | 7pm to 8.30pm | Ross High Rugby Club | FREE | Mr Robertson & Mr Falconer Parental Support Required! |
| School of Rugby Strength & Conditioning  | Un 15s, 16s & 18s Boys & Girls | Mondays & Wednesdays | From Mon. 21 st August | 3.35pm to 5pm | RHRFC Gym | FREE | Mr Davidson & Mr Jack |
| School of Rugby Strength & Conditioning  | Un 18s Boys & Girls | Friday | From Fri. 25 th Aug | 12pm to 1pm | RHRFC Gym | FREE | Mr Davidson & Mr Jack |
| Football 5s Wed  | S1 & S2 Boys | Thursdays | From Thurs. 31 st Aug | 1.10pm to 1.30pm | Ross HS Games Hall | FREE | Senior Pupils |
| Football (Un 13's)  | Boys born in 2005 | Matches - Various | Trial To be Advised Sign Up For Info. | As per Match Posters | Forrester Park 3G ASTRO | FREE + Match Fees | Jake Beverage, Ryan Steel & Dean Beverage Parental Support Required! |
| Football (Un 14's)  | Boys born in 2004 | Matches – Various | Trial Sat 26 th Sept @ 0930 | As per Match Posters | Forrester Park 3G ASTRO | FREE + Match Fees | Mr Ramsay, Mr Millar & Mr Summerville Parental Support Required! |
| Football (Un 15's)  | Boys born in 2003 | Matches - Various | Trial To be Advised Sign Up For Info. | As per Match Posters | Forrester Park 3G ASTRO | FREE + Match Fees | Parental Support Required! |
| Football (Un 16's)  | Boys born in 2002 | Matches - Various | Trial To be Advised Sign Up For Info. | As per Match Posters | Forrester Park 3G ASTRO | FREE + Match Fees | Parental Support Required! |
| Football (Un 18's)  | Boys born in 2002 & 2000 | Matches - Various | Trial To be Advised Sign Up For Info. | As per Match Posters | Forrester Park 3G ASTRO | FREE + Match Fees | Mr Watters Parental Support Required! |
| Social Fun Football  | All | We are looking to set up a weekly Football Session for pupils who don't, or don't want to play for a Club. Think of it as Social Football – FUN 5's - Sign Up, and Mark Urwin will contact you with details. | | | | | |

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2017/18





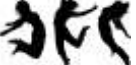



At Ross High School, we are always trying to expand the range of activities on offer.

Below are some of the activities pupils have asked for.

What do we need? Adult support to take the clubs, and to know which pupils are interested.

Mums & Dads, please let Mark Urwin know if you think you can help.

**Pupils, please sign up with Mark Urwin, by returning the completed permission form,
and he will contact you when the club starts.**

| Activity / Club | For More Information, Please Contact Mark Urwin at admin@rosshighsport.co.uk |
|--|---|
| Boys Running Club  | We would like to start up a BOYS RUNNING Club , interested? Sign up by completing and returning the Parental Permission Form. Would your parents be interested in helping? Let Mark Urwin know. |
| Boys Hockey  | We would like to start up a BOYS HOCKEY Club , interested? Sign up by completing and returning the Parental Permission Form. Would your parents be interested in helping? Let Mark Urwin know. |
| Boys Fitness  | We would like to start up a BOYS FITNESS Club , interested? Sign up by completing and returning the Parental Permission Form. Would your parents be interested in helping? Let Mark Urwin know. |
| Indoor Rowing Club  | We would like to start up a ROWING Club , interested? Sign up by completing and returning the Parental Permission Form. Would your parents be interested in helping? Let Mark Urwin know. |
| Dance  | We would like to start up a DANCE Club , completing and returning the Parental Permission Form. Would your parents be interested in helping? Let Mark Urwin know. |
| Golf  | We are always looking for those who play GOLF regularly, or those who are interested in starting. |
| Swimming  | We are always looking for those who SWIM regularly, regardless if they attend a swimming club or not. |
| Judo  | We would like to start up a JUDO Club , interested? Sign up by completing and returning the Parental Permission Form. Would your parents be interested in helping? Let Mark Urwin know. |