



**Ross High School**  
**Extra - Curricular Programme**  
**Term 1 – 2018/19**



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 2018/19.

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 hesitate to get in touch via the details below.

Thank you, and I look forward to seeing you all at the various clubs through 2018/19, 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](mailto:murwin@elcschool.org.uk)

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

**We use a “Team App” to keep Football, Hockey, Netball & Rugby Teams up to date with fixtures and news. As such we find it best if parents sign up to the App. Full details how to can be found at [www.RossHighSport.co.uk](http://www.RossHighSport.co.uk)**

If you need to make a payment for the trampoline club, 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. To help us confirm your child’s place, please try and pay by the date on the timetable. 😊

**EAST Lothian Council – Ross High School**  
**DEPARTMENT OF EDUCATION AND COMMUNITY SERVICES - PARENTAL CONSENT FORM**

Excursion: Ross High School Sport & Physical Activities 2018/19

Cost (If applicable) £ \_\_\_\_\_

Name of Pupil: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Register Class: \_\_\_\_\_

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

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 names of the clubs the pupil wishes to join.** \_\_\_\_\_

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

Please tick here  if you 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. Should you have any concerns, please contact Mark Urwin at [admin@rosshighsport.co.uk](mailto:admin@rosshighsport.co.uk).

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 arrange travel arrangements to and from the club.**

I have enclosed £ \_\_\_\_\_ payment.. Cheques should be made payable to "East Lothian Council"

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	3rd, 10th, 24th Sept. & 1st, 8th Oct.	4pm to 5pm	Ross HS Gym 2	<b>£12.50</b> Due by <b>27<sup>th</sup> August</b>	City of Edinburgh Trampoline Club Coaches
Trampolining Block B 	Everyone Welcome!	Mondays	12th, 19th, 26th Nov. & 3rd, 10th Dec.	4pm to 5pm	Ross HS Gym 2	<b>£12.50</b> Due by <b>5<sup>th</sup> November</b>	City of Edinburgh Trampoline Club Coaches
Basketball Boys & Girls 	Everyone Welcome!	Mondays	From Monday 27 <sup>th</sup> August	3.45pm to 5pm	Ross HS Games Hall	FREE	Mr Grant & Mr Munro Parental Support Appreciated
Badminton 	Everyone Welcome!	Tuesdays	From Tuesday 11 <sup>th</sup> September	1.10pm to 1.30pm	Ross HS Games Hall	FREE	Senior Pupils
Table Tennis 	Everyone Welcome!	Tuesdays	From Tuesday 29 <sup>th</sup> August	1.10pm to 1.30pm	Ross HS Gym 1	FREE	Mr White
Tennis 	Everyone Welcome!	Tuesdays	From Tuesday 21 <sup>st</sup> August	4pm to 5pm	Ross HS Games Hall	FREE	Miss Benson (Also Sometimes @ Polson Park)
Badminton 	Everyone Welcome!	Wednesdays	From Wednesday 22 <sup>nd</sup> August	3.35pm to 4.45pm	Ross HS Games Hall	FREE	Miss Benson
Cricket 	S1, S2 & S3	Wednesdays	From Wednesday 22 <sup>nd</sup> August	1.10pm to 1.30pm	Ross HS Games Hall	FREE	Mr Chalmers
Basketball 	Everyone Welcome!	Thursdays	From Thursday 13 <sup>th</sup> September	1.10pm to 1.30pm	Ross HS Gym 1	FREE	Senior Pupils
Archery 	Everyone Welcome!	Thursdays	13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup> Sept. 4 <sup>th</sup> & 11 <sup>th</sup> Oct	3.35pm to 4.45pm	Ross HS Gym 1	FREE	Mark Urwin
Highland Dancing 	Miss Duguid (our new Modern languages teacher) is also a <b>Highland Dancing</b> teacher, and is keen to set up a <b>club</b> at Ross High School. Interested? Sign up by completing and returning the Parental Permission Form to Mark Urwin.						

# Ross High School

## Extra - Curricular Programme













### Term 1 – 2018/19

Activity / Club	Age Group	Day	Dates	Times	Venue	Cost	Coaches
<b>Football Girls</b> 	S1 to S3 Girls	We would like to start up a <b>GIRLS FOOTBALL Club with Miss North</b> , interested? Sign up by completing and returning the Parental Permission Form. Miss North (New PE Teacher) is a former player for both Hearts & Hibs and currently plays for Spartans FC! We have entered the team into some competitions, and will need to discuss training days times with those interested in playing.					
<b>Fitness Class (Girls)</b> 	All Girls	Mondays	From Monday 20 <sup>th</sup> August	3.35pm to 4.45pm	Ross HS Gym 1	FREE	Miss Protheroe & Miss North
<b>Running Club (Girls)</b> 	All Girls	Mondays	From Monday 20 <sup>th</sup> August	3.35pm to 4.45pm	Ross HS Playing Fields	FREE	Miss Anderson Parental Support Appreciated
<b>Netball (Girls)</b> 	All Girls	Thursdays	From Thursday 23 <sup>rd</sup> August	3.35pm to 4.45pm	Ross HS Games Hall	FREE	Miss Anderson & Miss McKay Parental Support Appreciated
<b>Rugby (Girls)</b> 	All Girls	Tuesdays & Thursdays	From Tue & Thurs 28 <sup>th</sup> * 30 <sup>th</sup> Aug.	3.35pm to 5pm	Ross High Rugby Club	FREE	Michael Davidson & Miss Sheridan Parental Support Appreciated
<b>Hockey (S1)</b> 	S1 Girls	Tuesdays	From Tuesday 21 <sup>st</sup> August	3.35pm to 5pm	Ross HS Astro & Away Venues	FREE	Alison Gordon & Seniors <b>Parental Support Required</b>
<b>Hockey (S2)</b> 	S2 Girls	Wednesdays	From Tuesday 28 <sup>th</sup> August	3.35pm to 5pm	Ross HS Astro & Away Venues	FREE	Miss Protheroe, Mr Munro & Bethany Jenkins <b>Parental Support Required</b>
<b>Hockey (Un 15s)</b> 	S3 Girls	Wednesdays	From Wed. 22 <sup>nd</sup> August.	3.35pm to 5pm	Ross HS Astro & Away Venues	FREE	Miss Brown <b>Parental Support Required.</b>
<b>Hockey (Un 18s)</b> 	S4, S5 & S6 Girls	Wednesdays	From Wed. 22 <sup>nd</sup> August.	3.35pm to 5pm	Ross HS Astro & Away Venues	FREE	Mrs Hill & Miss Carrigan Parental Support Appreciated
<b>Girls Fitness Early Morning</b> 	All Girls	We would like to start up a <b>before school FITNESS Club</b> , interested? Sign up by completing and returning the Parental Permission Form. Would your parents be interested in helping? Let Mark Urwin know.					
<b>Dance</b> 	Miss Chapman would like to restart the <b>DANCE Club</b> , but would like to meet with you first to discuss which day would suit best. To sign up to the meeting, please complete and return the attached parental consent form (adding Dance to the clubs question) and return to Mark Urwin.						

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Rugby S1 (Un 13s) 	S1	Tuesdays & Thursdays	From Thurs 16 <sup>th</sup> Aug & Tue 21 <sup>st</sup> Aug	3.35pm to 5.30pm	Ross High Rugby Club	FREE	Mr Chalmers & Mr Davidson <b>Parental Support Required</b>
Rugby S2 (Un 14s) 	S2	Tuesdays & Thursdays	From Tue & Thurs 14 <sup>th</sup> & 16 <sup>th</sup> Aug	3.35pm to 5.30pm	Ross High Rugby Club	FREE	Mr Weatherhead & Mr McSorley Parental Support Appreciated
Rugby S3 (Un 15s) 	S3 & Some S4	Tuesdays & Thursdays	From Tue & Thurs 14 <sup>th</sup> & 16 <sup>th</sup> Aug	3.35pm to 5.30pm	Ross High Rugby Club	FREE	Mr McNeill & Mr Douglas Parental Support Appreciated
Rugby (Un 18's) 	Boys D.O.B. 31/08/02 – 01/09/00	Tuesdays & Thursdays	From Tue & Thurs 14 <sup>th</sup> & 16 <sup>th</sup> Aug	7pm to 8.30pm	Ross High Rugby Club	FREE	Mr Robertson <b>Parental Support Required.</b>
School of Rugby Strength & Conditioning 	Un 15s, 16s & 18s <b>Boys &amp; Girls</b>	Mondays, Wednesdays & Fridays	From Monday 20 <sup>th</sup> August	M & W 3.35pm to 5pm Fri. 12pm to 1pm	RHRFC Gym	FREE	Mr Davidson
Hockey (Boys) 	S1, S2 & S3 Boys	Mondays	From Monday 27 <sup>th</sup> August	3.35pm to 5pm	RHS ASTRO & Away Venues	FREE	Mr White, Lyn Taylor & Olivia Taylor
Futsal 5s 	S1 & S2 Boys	Thursdays	From Thursday 30 <sup>th</sup> August	1.10pm to 1.30pm	Ross HS Games Hall	FREE	Mr Edoni, Dean Beverage & Ryan Steele
Football (Un 13's) 	Boys born in 2006	Sign Up to take part in the <b>TRIAL</b> by completing the <b>Parental Consent Form</b> . Remember to include your date of birth and preferred position in football. The trial date will be advised once we have agreed a date.				FREE + Match Fees	Jack Lyall & Sam Bowman Parental Support Appreciated
Football (Un 14's) 	Boys born in 2005	Sign Up to take part in the <b>TRIAL</b> by completing the <b>Parental Consent Form</b> . Remember to include your date of birth and preferred position in football. The trial date will be advised once we have agreed a date.				FREE + Match Fees	Mr Edoni & Dean Beverage Parental Support Appreciated
Football (Un 15's) 	Boys born in 2004	Matches - Various	<b>Sign Up For Info. ALL Previous Players should still sign up. Sign Up by completing the Parental Consent Form.</b>	As per Match Posters	Forrester Park 3G ASTRO	FREE + Match Fees	<b>To Be Confirmed</b>
Football (Un 16's) 	Boys born in Aug. 2002 onwards to Dec. 2003	Matches - Various		As per Match Posters	Forrester Park 3G ASTRO	FREE + Match Fees	Mr Steven Clark Parental Support Appreciated
Football (Un 18's) 	S4, S5 & S6 Boys	Matches - Various		As per Match Posters	Forrester Park 3G ASTRO	FREE + Match Fees	Mr Watters & Mr Melrose Parental Support Appreciated

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



**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. You can email him at [admin@rosshighsport.co.uk](mailto:admin@rosshighsport.co.uk)**

**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 <a href="mailto:admin@rosshighsport.co.uk">admin@rosshighsport.co.uk</a>
Boys Running Club		We would like to start up a <b>BOYS RUNNING Club</b> , 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 <b>BOYS FITNESS Club</b> , interested? Sign up by completing and returning the Parental Permission Form. Would your parents be interested in helping? Let Mark Urwin know.
Golf		The school occasionally has the opportunity to enter schools competitions, as such, we are always looking for those who play <b>GOLF</b> regularly, or those who are interested in starting. Sign up by completing and returning the Parental Permission Form. Would your parents be interested in helping? Let Mark Urwin know.
Swimming		The school occasionally has the opportunity to enter schools competitions, as such, we are always looking for those who <b>SWIM</b> regularly, regardless if they attend a swimming club or not. Sign up by completing and returning the Parental Permission Form.
Social Fun Football		We are looking to set up weekly Football Session for pupils who don't, or don't want to play for the club or the school. Think of it as Social Football – FUN 5's - Sign Up, and Mark Urwin will contact you with details.
Indoor Bowls		We would like to start up an <b>INDOOR BOWLING</b> club, interested? Sign up by completing and returning the Parental Permission Form. Would your parents be interested in helping? Let Mark Urwin know.
Judo		We would like to start up a <b>JUDO Club</b> , interested? Sign up by completing and returning the Parental Permission Form. Would your parents be interested in helping? Let Mark Urwin know.
Senior Pupil Community Commitment Volunteering with Active Schools or in the Community		<h2 style="margin: 0;">Calling all S4, S5 &amp; S6 Pupils.</h2> <p style="margin: 0;"><b>We can help you learn leadership skills, how to coach, how to referee, organise an event, get active through leadership, get into sports development and marketing, gain more qualifications, join the Sports Council, become a Young Ambassador for Ross HS and much much more.</b></p> <p style="margin: 0;"><b>HOW? Sign up by completing and returning the Parental Permission Form – using Active Schools Volunteering as the club name.</b></p>