



Ross High School Extra - Curricular Programme Term 1 – 2019/20



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 2019/20.

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 and community 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 2019/20, 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

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. For further details, contact Mark Urwin directly.

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. ☺

WE NEED YOUR HELP!

We have vacancies in a number of coaching and supervisory roles. Any parent, carer or Senior Pupil able to volunteer an hour a week would be very much welcomed. Training & Support provided in every role.

Please contact Mark Urwin by email at murwin@elcschool.org.uk to discuss any of the roles below or any other availability you may have. Roles urgently needing filled:

- Un 13s Rugby Coach & Assistant - Un 14s Rugby Coach – Un 15s Rugby Assistant Coach**
- Un 18s Rugby Supervisor or Assistant Coach - Girls Rugby Coach/Assistant - Rugby Referees**
- Un 13s Hockey Coach - Un 15s Hockey Coach - Boys Hockey Supervisor - Hockey Umpires**
- Basketball Assistant Coach - Lunchtime Club Supervisors**
- Un 15s Football Assistant Coach - Un 16s Football Assistant Coach - Football Referees**

East Lothian Council uses the personal data you provide for purposes associated with the delivery of our services.

For more information see: <https://www.activeeastlothian.co.uk/about/privacy-notice-96>

Personal data will be retained in line with East Lothian Council retention policies.

Data Protection Officer, East Lothian Council, John Muir House, Haddington, EH41 3HA

Email: dpo@eastlothian.gov.uk

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

Excursion: **Ross High School Sport & Physical Activities 2019/20**

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 you 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.

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: _____

Term 1 – 2019/20

Activity / Club	Age Group	Day	Dates	Times	Venue	Cost	Coaches
After School Clubs For All							
Cricket 	Everyone Welcome!	Mondays	From Monday 19 th August	3.35pm to 4.45pm	Ross HS Games Hall	FREE	Mr Chalmers
Trampolining Block A 	Everyone Welcome!	Mondays	2 nd , 9 th , 23 rd , 30 th Sept. & 7 th Oct.	4pm to 5pm	Ross HS Gym 2	£12.50 Due by 28 th Aug.	City of Edinburgh Trampoline Club Coaches
Trampolining Block B 	Everyone Welcome!	Mondays	4 th , 11 th , 18 th , 25 th Nov. & 2 nd Dec.	4pm to 5pm	Ross HS Gym 2	£12.50 Due by 31 st Oct.	City of Edinburgh Trampoline Club Coaches
Basketball 	Everyone Welcome!	Tuesdays	17 th , 24 th Sept., 1 st , 9 th , 29 th Oct., 5 th , 12 th , 19 th , 26 th Nov & 3 rd & 10 th Dec	3.45pm to 5pm	Ross HS Games Hall	FREE	Mr Peter Blair
Archery 	Everyone Welcome!	Tuesdays	3 rd , 10 th , 17 th , 24 th Sept. & 1 st & 8 th Oct.	3.35pm to 4.45pm	Ross HS Gym 1	FREE (Limited to 12 spaces)	Mark Urwin
Badminton 	Everyone Welcome!	Wednesdays	From Wednesday 21 st August	3.35pm to 4.45pm	Ross HS Games Hall	FREE	Mr Crichton
Running Club 	Everyone Welcome!	Wednesdays	From Wednesday 4 th September	3.35pm to 4.45pm	Locations outside & around Ross HS	FREE	Mr Savage
 CrossFit	Everyone Welcome!	Fridays	20 th , 27 th Sept, 4 th 11 th Oct. & 1 st , 8 th , 15 th & 22 nd Nov	12.15pm to 1pm	Ross HS Gym 2	FREE (Limited to 15 spaces)	Miss White

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Girls Activities / Clubs	Age Group	Day	Dates	Times	Venue	Cost	Coaches
Fitness Class 	All Girls	Mondays	From Monday 26 th August	3.35pm to 4.45pm	Ross HS Gym 1	FREE	Miss Protheroe
School of Rugby Strength & Conditioning 	Un 15s, 16s & 18s Boys & Girls	Mondays & Wednesdays	From Monday 19 th August	3.35pm to 5pm	Ross High RFC Gym	FREE	Mr Jack
Football 	All Girls	All Girls interested in playing from S1 to S6, MUST attend a meeting with Miss North to agree the best day for weekly training. We have entered both Un 15s & Un 18s into the Scottish Shield and local 7s. MEETING DATE: Tuesday 27 th August at 1.15pm in the PE Classroom – ALL Girls To Attend.					
Rugby 	All Girls	Tuesdays & Thursdays	From Tue 20 th Aug. & Thurs 22 nd Aug.	3.35pm to 5.30pm	Ross High Rugby Club	FREE	Mr Davidson – More Coaches Needed - HELP Parental Support Required
Dance 	All Girls	Wednesdays	From Wednesday 4 th September	3.45pm to 4.15pm	Ross HS Gym 2	FREE	Miss Chapman
Hockey (S1) 	S1 Girls	Thursdays	From Thursday 30 th August	3.35pm to 4.45pm	Ross HS Astro & Away Venues	FREE	Miss Protheroe
Hockey (S2) 	S2 Girls	Tuesdays	From Tuesday 20 th August	3.35pm to 5pm	Ross HS Astro & Away Venues	FREE	Alison Gordon & Seniors Parental Support Required
Hockey (Un 15s) 	S3 Girls	Tuesdays	From Tuesday 27 th August	3.35pm to 5pm	Ross HS Astro & Away Venues	FREE	To Be Announced
Hockey (Un 18s) 	S4, S5 & S6 Girls	Wednesdays	From Wed. 28 th August.	3.35pm to 5pm	Ross HS Astro & Away Venues	FREE	Mrs Hill, Miss Carrigan & Miss Brown Parental Support Appreciated
Netball (Girls) 	All Girls	Thursdays	From Thursday 22 nd August	3.35pm to 4.45pm	Ross HS Games Hall	FREE	Miss Anderson , Miss McKay, Miss Hart & Miss Swan

Boys Activities / Clubs	Age Group	Day	Dates	Times	Venue	Cost	Coaches
Fitness Class 	All Boys	Mr Archibald would like to start a Boys Fitness Class. To see who is interested, and what day suits best, attend the meeting below. MEETING DATE: Thursday 29th Aug at 1.15pm in the PE Classroom – ALL Boys To Attend.				FREE	Mr Archibald
Hockey (Boys) 	S1, S2 & S3 Boys	Mondays	From Monday 26 th August	3.35pm to 5pm	RHS ASTRO & Away Venues	FREE	Mr White, Miss Hall & Miss Jack
School of Rugby Strength & Conditioning 	Un 15s, 16s & 18s Boys & Girls	Mondays & Wednesdays	From Monday 19 th August	3.35pm to 5pm	Ross High RFC Gym	FREE	Mr Jack
Rugby Un 13s Boys 	S1	Tuesdays & Thursdays	From Tue 20 th Aug. & Thurs 22 nd Aug.	3.35pm to 5.30pm	Ross High Rugby Club	FREE	Mr Davidson & Mr Archibald Parental Support Required
Rugby Un 14s Boys 	S2	Tuesdays & Thursdays	From Tue 20 th Aug. & Thurs 22 nd Aug.	3.35pm to 5.30pm	Ross High Rugby Club	FREE	Mr Scanlon & Mr Grant More Coaches Needed - HELP Parental Support Required
Rugby Un 15s Boys 	S3	Tuesdays & Thursdays	From Tue 20 th Aug. & Thurs 22 nd Aug.	3.35pm to 5.30pm	Ross High Rugby Club	FREE	Mr Weatherhead More Coaches Needed - HELP Parental Support Required
Rugby Un 16s Boys 	S4 & some S5	Tuesdays & Thursdays	From Tue 20 th Aug. & Thurs 22 nd Aug.	5.00pm to 6.30pm	Ross High Rugby Club	FREE	Mr McNeill & Mr Douglas Parental Support Appreciated
Rugby Un 18s Boys 	If you are in S5 or S6 and are interested in playing rugby, please contact our Rugby Development Officer, Michael Davidson directly via email at rugby@rosshighsport.co.uk						
Football (Un 13's) 	Boys Born 2008 or 2007	Sign Up to take part in the TRIAL by completing the Parental Consent Form. Remember to include your date of birth and preferred position in football. The Trial Dates are Mon 26 th Aug & Thurs 29 th Aug @ Forrester 3G ASTRO. 4pm to 5.30pm Bring a warm tracksuit, shorts, a playing top, socks, shin guards and a bottle of still water.				FREE + Match Fees	Mr Sands & Mr Melrose Parental Support Appreciated
Football (Un 14's) 	Boys Born 2007 or 2006	Sign Up to take part in the TRIAL by completing the Parental Consent Form. Remember to include your date of birth and preferred position in football. The Trial Dates are Thurs 22 nd Aug & Tue 27 th Aug @ Forrester 3G ASTRO. 4pm to 5.30pm Bring a warm tracksuit, shorts, a playing top, socks, shin guards and a bottle of still water.				FREE + Match Fees	Mr Crichton & Mr Hill Parental Support Appreciated
Football (Un 15's) 	Boys Born 2006 or 2005	Matches - Various	Sign Up For Info. ALL Previous Players should still sign up. Sign Up by completing the Parental Consent Form.	As per Match Posters	Forrester Park 3G ASTRO & Various Schools	FREE + Match Fees	Mr Edoni Parental Support Appreciated
Football (Un 16's) 	Boys Born 2004 or 2005	Matches - Various		As per Match Posters	Forrester Park 3G ASTRO & Various Schools	FREE + Match Fees	Mr Derek Little Parental Support Appreciated
Football (Un 18's) 	S4, S5 & S6 Boys	Matches - Various		As per Match Posters	Forrester Park 3G ASTRO & Various Schools	FREE + Match Fees	Mr Watters & Mr Steven Clark Parental Support Appreciated





Activity / Club	Age Group	Day	Dates	Times	Venue	Cost	Coaches
Lunchtime Clubs							
Short Tennis 	Everyone Welcome!	Mondays	From Monday 26 th August	Lunchtime Club 1.05pm to 1.30pm	Ross HS Games Hall	FREE	Senior Students
Table Tennis 	Everyone Welcome!	Mondays	From Monday 26 th August	Lunchtime Club 1.05pm to 1.30pm	Ross HS Gym 1	FREE	Mr White
Football 7s 	Everyone Welcome	Tuesdays	From Tuesday 20 th August	Lunchtime Club 1.05pm to 1.30pm	Ross HS ASTRO Pitch	FREE	Miss North
Badminton 	Everyone Welcome!	Tuesdays	From Tuesday 20 th August	Lunchtime Club 1.05pm to 1.30pm	Ross HS Games Hall	FREE	Senior Students
Cricket 	Everyone Welcome	Wednesdays	From Wednesday 21 st August	Lunchtime Club 1.05pm to 1.30pm	Ross HS Games Hall	FREE	Mr Chalmers
Football 7s 	Everyone Welcome	Wednesdays	From Wednesday 21 st August	Lunchtime Club 1.05pm to 1.30pm	Ross HS ASTRO Pitch	FREE	Mr Crichton
Football 7s 	Everyone Welcome!	Thursdays	From Thursday 22 nd August	Lunchtime Club 1.05pm to 1.30pm	Ross HS ASTRO Pitch	FREE	Mr Melrose & Mr Edoni

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.

Parents & Carers, please let Mark Urwin know if you think you can help. You can email him at 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 admin@rosshighsport.co.uk
Lacrosse 	A number of pupils have asked us to start a Lacrosse team here at Ross HS. One of the school staff is keen to do so. Are you interested in learning how to play, joining the club? If so, let us know by completing and returning the Parental Permission Form.
Golf 	The school occasionally has the opportunity to enter schools competitions, as such, we are always looking for those who play GOLF regularly and have a CDH number, 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 SWIM regularly for a club. Let us know you do by completing and returning the Parental Permission Form.
Indoor Bowls 	We would like to start up an INDOOR Short Mat Bowls club, interested? Let us know 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	Calling all S4, S5 & S6 Pupils. 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, and much much more. HOW? Sign up by completing and returning the Parental Permission Form – using Active Schools Volunteering as the club name.