

UPLAWMOOR AFTER SCHOOL PROGRAMME Sept - Dec 2017

Dear Parent/carer and pupil,

Welcome back after what I hope has been a very enjoyable summer break. With the start of the new academic year I hope you have been inspired to become more active and challenge yourself in new ways. It is a great time to try out sports that you haven't before. To meet the demand of the increased enthusiasm and inspiration for sporting endeavours our after school activity programme is about to restart for the year and it gives the chance to learn new skills, get fit and healthy and also make new friends. It can also help change behaviours and engage more children in sports and exercise.

The Active Schools network aims to offer all children and young people the opportunities and motivation to adopt active, healthy lifestyles now and into adulthood. Active schools go beyond school, it's an ethos and desire to see children engaged in an active lifestyle that will positively affect their involvement in physical activity and sport now and in the future. Schools have a major role to play with the idea that they become the hub of delivering a varied programme both in the school and wider community.

We are always looking for volunteers and assistance to help run afterschool clubs and events. If you would like to become involved please contact myself on the contact details provided below. Opportunities can be varied to suit availability, skills, and different levels of commitment and times of the year. We can also cover costs of PVG and disclosure checks and also provide training to volunteers assisting with the programme.

*Please note that some clubs takes place at Eastwood HS at a slightly later time and it is the parent's responsibility to drop off and pick up pupils at this session. Using Eastwood HS allows me to organise more opportunities and a wider range of sports for the pupils of Uplawmoor Primary School. It also allows pupils to get familiar with the High School and staff members who are involved in the High School after school clubs.

To apply for a club please fill out the form overleaf and return it to the **SCHOOL OFFICE in an envelope marked with child's name** as soon as possible. To help supplement the cost of running these clubs a charge is associated with some of the clubs, please see overleaf for information. If afterschool, please ensure that you collect your child from the gym doors at the end of the session. If your child cannot attend the session one week please inform the school prior to 3pm. If you have any queries please do not hesitate to get in touch with me direct either via email on PhillipsG1@ea.e-renfrew.sch.uk

Yours Sincerely,

Gordon Phillips
Active School Co-ordinator – Eastwood HS Cluster

Uplawmoor School Programme Sept to Dec 2017

TIME & VENUE	ACTIVITY	OPEN TO	COST	DATES
MONDAY				
3:15 - 4:15pm Primary School Gym hall	Mini kickers football	P1-3	£12.50 for 7 weeks	18 th Sept 2 nd , 9 th , 23 rd , 30 th Oct 6 th , 13 th Nov
TUESDAY				
3:15 - 4:15pm Primary School Gym hall	Multisports (Ball Games)	P4-7	Free	26 th Sept 3 rd , 10 th , 24 th Oct
5:00-6:00PM Eastwood High School Games Hall 2	Basketball	P5-7	£12 for 8 weeks	19 th , 26 th Sept 3 rd , 10 th , 24 th , 31 st Oct 7 th , 14 th Nov
WEDNESDAY				
Uplawmoor Tennis Club Mure Hall	Tennis	4-5pm – 5-8yr olds 5-6pm – 9-10yr olds	Approx £5 a session. For details contact club on 07738845864	4 week block starts on 20 th Sept Contact: Alison Sharp 07738845864
4:00-5:00PM Eastwood High School Small Gymnasium	Fencing	P4-7	£3.50 per session to be paid to fencing coach at first session.	20 th , 27 th September 4 th , 11 th , 25 th Oct 1 st , 8 th , 15 th , 22 nd , 29 th Nov 6 th , 13 th Dec
4:00-5:00PM Eastwood High School Dance Studio	Karate	P2-6		Please see additional letter for Karate information
THURSDAY				
5:00 – 6:00pm Eastwood High School 3G football pitch	Rugby (Whitecraigs Rugby Club)	P4-7	£22 for 11 weeks	28 th Sept 5 th , 12 th , 26 th Oct 9 th , 16 th , 23 rd , 30 th Nov 7 th , 14 th Dec
FRIDAY				
4.30-5.30pm Glasgow Ski Centre (Bellahouston G41 5BW)	Ski	P4-7	£42 for 6 weeks	27 th Oct 3 rd , 10 th , 17 th , 24 th Nov, 1 st Dec
Multiple venues + times	Judo	P1-7		Please see additional letter for Judo information

*more clubs based at Uplawmoor PS to be added as term progresses.

AFTER SCHOOL ACTIVITIES: Sept to Dec 2017

CHILD'S NAME _____ Class _____

Please tick your choice of club/clubs **Clubs to be paid for using parent pay**

- Monday – Mini kickers P1-3 (Uplawmoor PS)
- Tuesday- Multisports (ball games) P4-7 (Uplawmoor PS)
- Tuesday – Basketball P5-7 (Eastwood HS)
- Wednesday – Fencing P4-7 (Eastwood HS)
- Wednesday – Karate P2-6 (Eastwood HS)
- Wednesday – Tennis 5-8 yr olds (Uplawmoor)
- Wednesday – Tennis 9-10 yr olds (Uplawmoor)
- Thursday – Rugby P4-7 (Eastwood HS)
- Friday – Ski P4-7 (Bellahouston Ski Centre)
- Friday – Judo P1-7 (multiple venues)

I agree to collect my child from the relevant venue after the club.

I give permission for my child to walk home un-supervised.

Signed

Parent/carer _____

Contact Number.....

Emergency Contact details.....