

Department of Education
Director: Mhairi L Shaw DCE
Council Offices, 211 Main Street,
Barrhead, East Renfrewshire G78 1XB

Eastwood High School
Head Teacher Stuart Maxwell
Capelrig Road, Newton Mearns G77 6NQ

Tel: 0141 577 2200 Fax: 0141 577 2220
e-mail: schoolmail@eastwood.e-renfrew.sch.uk
web: www.scottishschools.info/eastwoodhigh

Our Ref:
Your Ref:
Date: January 2020



Dear Pupil

Welcome back after what I hope has been a very enjoyable and relaxing Christmas break. With the start of the New Year upon us why not make a new year's resolution, to become more active and challenge yourself in new ways. It is a great time to have a go at sports that you haven't tried before, have a look at our wide-range of activities, on the attached sheet.

Most clubs will run for approximately 10 Weeks, however there may be some disruption during the prelim exam diet, in February. If you have already paid the £30 club pass for session 2019/2020, then thank you for your contribution. For those of you who have yet to pay, you can purchase your Club Pass through parent pay. This covers access to every extra-curricular sport club for the entire school year unless otherwise stated. Please remember that this covers wear and tear on equipment, travel costs and affiliation fees to National Governing Bodies.

Pupils who are in receipt of a clothing grant and/or free school meals are exempt from the club charges, however they must still sign up to the club for administration purposes!

On occasion, due to unforeseen circumstances or game times, sessions timings may vary, so please check with the member of staff for running times. Places will be allocated on a first come basis as there are restrictions regarding places available in some activities.

Senior Pupils in S4-S6 also have access to the fitness suite which is available during term-time Monday to Friday 4-5pm. Pupils who are interested should collect a form at sports centre reception from a member of ERCL staff. They also must have a current "ALL-ACCESS" card and have a parent/guardian complete a health questionnaire, prior to induction. Inductions can ONLY take place on Thursdays between 4-5pm and must be booked in advance.

Adam Gibson & Tony Bryson

Adam Gibson/Tony Bryson
Head of Faculty for Physical Education, Sport and Fitness/Active Schools Coordinator
Eastwood High School

Eastwood High After-School Programme

Time & Venue	ACTIVITY	OPEN TO	DATES
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MONDAY

3.35-5pm Football Pitch (Miss Barr and Whitecraigs Rugby)	Girls Rugby Club	S1-6	13 th , 20 th , 27 th Jan 3 rd , 17 th , 24 th Feb 2 th , 9 th , 16 th , 23 th , 30 th Mar.
3.35-5pm Games Hall 1 Miss McNair	Senior Netball	S4-6	13 th , 20 th , 27 th Jan 3 rd , 17 th , 24 th Feb 2 th , 9 th , 16 th , 23 th , 30 th Mar.
3.35-5pm Games Hall 2 Miss Workman	Volleyball	S1-6	13 th , 20 th , 27 th Jan 3 rd , 17 th , 24 th Feb 2 th , 9 th , 16 th , 23 th , 30 th Mar.
3.35-5pm Hockey Pitch Giffnock Hockey Club	Hockey	S1-6	13 th , 20 th , 27 th Jan 3 rd , 17 th , 24 th Feb 2 th , 9 th , 16 th , 23 th , 30 th Mar.
3.35-5pm Gymnasium Mr Judge/ Ms Sefton	Gymnastics	S1-6	13 th , 20 th , 27 th Jan 3 rd , 17 th , 24 th Feb 2 th , 9 th , 16 th , 23 th , 30 th Mar.
3.35-5pm Dance Studio Dance Leaders	Dance	S4-6	13 th , 20 th , 27 th Jan 3 rd , 17 th , 24 th Feb 2 th , 9 th , 16 th , 23 th , 30 th Mar.
4.00-5.00pm Fitness Suite ERC	Fitness	S4-6	Access only during term time

TUESDAY

3.35-5pm Games Halls 1 + 2 Mrs Lloyd, Miss Barrie, Miss Shannon	Junior Netball Club	S1-3	14 th , 21 st , 28 th Jan 4 th , 18 th , 25 th Feb 3 rd , 10 th , 17 th , 24 th , 31 st Mar
3.35-5pm Football Pitch Mr Williams	Football S2	S2	14 th , 21 st , 28 th Jan 4 th , 18 th , 25 th Feb 3 rd , 10 th , 17 th , 24 th , 31 st Mar
3:35pm-5pm Hockey Pitch Mr Bryson	American Football	S1-S6	14 th , 21 st , 28 th Jan 4 th , 18 th , 25 th Feb 3 rd , 10 th , 17 th , 24 th , 31 st Mar
3.35-5pm Dance Studio Mr Barlow	Table Tennis	S1-6	14 th , 21 st , 28 th Jan 4 th , 18 th , 25 th Feb 3 rd , 10 th , 17 th , 24 th , 31 st Mar
4.00-5.00pm Fitness Suite ERC	Fitness	S4-6	Access only during term time

WEDNESDAY

Lunch (12.25-1.05) Dance Studio Dance Leaders	Dance	S1-6	15 th , 22 nd , 29 th Jan 5 th , 19 th , 26 th Feb 4 th , 11 th , 18 th , 25 th Mar 1 st Apr.
2.45-4.00pm Dance Studio Terry Connell	Mixed Martial Arts	S1-6	15 th , 22 nd , 29 th Jan 5 th , 19 th , 26 th Feb 4 th , 11 th , 18 th , 25 th Mar 1 st Apr.
2.45-4.00pm Games Hall 2 Mrs McCarron	Basketball Club (Girls)	S1-6	15 th , 22 nd , 29 th Jan 5 th , 19 th , 26 th Feb 4 th , 11 th , 18 th , 25 th Mar 1 st Apr.
2.45-4.00 Games Hall 1 Mr Gibson	Badminton Club	S1-6	15 th , 22 nd , 29 th Jan 5 th , 19 th , 26 th Feb 4 th , 11 th , 18 th , 25 th Mar 1 st Apr.
2.45-4pm Small Gym Mr Rollo	Fencing Club	S1-6	15 th , 22 nd , 29 th Jan 5 th , 19 th , 26 th Feb 4 th , 11 th , 18 th , 25 th Mar 1 st Apr.
2.45-4pm Football Pitch Mr Higgins	Football	S1	15 th , 22 nd , 29 th Jan 5 th , 19 th , 26 th Feb 4 th , 11 th , 18 th , 25 th Mar 1 st Apr.
2.45-3.45 Swimming Pool Mrs Mahoney	Swimming – Mixed	S1-6	15 th , 22 nd , 29 th Jan 5 th , 19 th , 26 th Feb 4 th , 11 th , 18 th , 25 th Mar 1 st Apr.
4.00-5.00pm Fitness Suite ERC	Fitness	S4-6	Access only during term time

THURSDAY

3.35-5pm Games Hall 2 Miss Workman	Volleyball	S1-6	16 th , 23 rd , 30 th Jan 13 th , 20 th , 27 th Feb 5 th , 12 th , 19 th , 26 th Mar 2 nd April
3.35-5pm Games Hall 1 Mr Brown & Giffnock Soccer Centre	Girls Football	S1-6 + Primary 7's	16 th , 23 rd , 30 th Jan 13 th , 20 th , 27 th Feb 5 th , 12 th , 19 th , 26 th Mar 2 nd April
3.35-5pm Dance Studio Dance Leaders	Dance	S1-3	16 th , 23 rd , 30 th Jan 13 th , 20 th , 27 th Feb 5 th , 12 th , 19 th , 26 th Mar 2 nd April
3.35-5pm Senior Fitness Mrs Kincaid	Girls Fitness	S4-6	16 th , 23 rd , 30 th Jan 13 th , 20 th , 27 th Feb 5 th , 12 th , 19 th , 26 th Mar 2 nd April
3.35-5pm Football Pitch Mr Reid	Boys Rugby	S1-6	16 th , 23 rd , 30 th Jan 13 th , 20 th , 27 th Feb 5 th , 12 th , 19 th , 26 th Mar 2 nd April
4.00-5.00pm Fitness Suite ERC	Fitness	S4-6	Access only during term time

FRIDAY

2.45-4.00pm Games Hall 1+2 (Mr Gibson)	Basketball Club (Boys)	S1-6	17 th , 24 th , 31 st Jan 14 th , 21 th , 28 th Feb 6 th , 13 th , 20 th , 27 th March
2.45-4.00pm Small Gym (Pro Judo)	Judo	S1-6	17 th , 24 th , 31 st Jan 14 th , 21 th , 28 th Feb 6 th , 13 th , 20 th , 27 th March
2.45-4.00pm	Girls Fitness	S1-3	17 th , 24 th , 31 st Jan 14 th , 21 th , 28 th Feb 6 th , 13 th , 20 th , 27 th March
2.45-4.00pm Football Pitch Mr Brown	Football	S5-6	17 th , 24 th , 31 st Jan 14 th , 21 th , 28 th Feb 6 th , 13 th , 20 th , 27 th March
4.00-5.00pm Fitness Suite ERC	Fitness	S4-6	Access only during term time

Throughout the year there will be further opportunities to compete/ participate both in and out of school in a wide variety of activities. Please check the PE department notice boards and follow us on twitter.

@EastwoodHS_PE