

# Hello everyone!

# Welcome to the new term!



I'm excited to introduce myself as your new **Active Schools Coordinator for the James Young Cluster.**

For those who might not know, Active Schools is a fantastic national program dedicated to getting more children active. We aim to provide West Lothian pupils with opportunities to take part in extracurricular sport and physical activity to improve their health and wellbeing, make friends and have fun!

We work to offer a variety of sporting activities, including breakfast, lunch and after school clubs, events, leadership opportunities, and targeted support - most of which takes place in a school setting. All Active Schools activity is completely **free** for pupils and delivered by our amazing volunteers or local clubs.

## Want to get involved?

To continue to offer children free opportunities to be active, we rely on the incredible support of volunteers. There's no need to be a seasoned coach. If you're enthusiastic about being active, or just want to help share the social benefits of activity with children in your community, we'd love to hear from you. We can provide a range of training, qualifications and support to help you get started.

## Why Volunteer with us?

- Gain valuable experience working with children
- Make a positive impact in your community
- Enhance your communication skills
- Access funded training opportunities
- Enjoy career development support
- Improve your own physical and mental health
- Access free courses, first aid training, child wellbeing training, and National Governing Body awards (where applicable)
- Receive support and mentoring from our friendly Active Schools team

If you're interested in volunteering or want to learn more, please reach out! Together, we can make a big difference to the lives of our young people.

Looking forward to an active and fun term ahead!

Healthy regards, Karen Brodie [karen.brodie@westlothian.org.uk](mailto:karen.brodie@westlothian.org.uk)