



Ross High School, Well Wynd, Tranent, East Lothian EH33 2EQ



Tel 01875 610433
Fax 01875 615462

E-Mail: ross.hs@ross.elcschool.org.uk

Mrs Margaret Cleat
Business Manager

Mr Neil Chisholm
Depute Head

Ms Katrina Donaldson
Depute Head

Mrs Fiona Cooper
Depute Head

Mr Michael Falconer
Depute Head

Mrs Dorothy Bartholomew
Head Teacher

Dear Parents

24 August 2011

Ross High School Extra Curricular Sport & Physical Activities 2011/12

My name is Mark Urwin and in my role as the Sport & Physical Activity Coordinator, it is my hope to encourage young people to take part in sport and physical activity. **NOTE: If you have already completed and returned an Extra Curricular Sport & Physical Activity Parental Consent form, please just complete your child's name, class and club codes on the form overleaf, and then return to myself.**

Please find attached a list of the clubs on offer during this term. They are varied; some will run at lunch, some after school, some in the evening, and some at the weekend. There will be both team and individual sports, and lots of other physical activities.

I am always on the lookout for anyone of any experience to help out with any of the teams or squads. Feel free to contact me at the school if you have any spare time or questions regarding this. In particular we are looking for people to coach the Rugby, Football, Hockey, Basketball and Golf squads. We hope to run these sports for both boys and girls, but really need more adults to help us. Without enthusiastic volunteers we will not be able to offer all of these activities. We are keen to provide training for all volunteers and help with all training costs where possible. Please consider volunteering, as it is a very worthwhile and fulfilling experience. Especially with **FOOTBALL** and **HOCKEY** squads.

- I hope your son/daughter will join at least one extra-curricular activity, completing the Parental Consent form allows your son / daughter to take part in any if not all activities that they wish throughout the school year. Obviously every effort will be made to keep you and your son/daughter up to date with any matches or changes to the advertised activities. I recommend checking our website www.RossHighSport.co.uk for information about available activities.
- We maintain the www.RossHighSport.co.uk website and use www.teamer.net to contact pupils and parents about fixtures, meetings, etc. So we hope both you and your child will provide us with a note of your mobile numbers in order that we can contact you both with information and updates. Your mobile numbers are held solely for our records and will not be passed to any other third party.
- If you do not wish you son / daughter to take part in any video or photography for media or promotional purposes, including their photograph on the www.RossHighSport.co.uk and www.activeschoolseastlothian.co.uk websites, please send me a small letter with your wishes.
- As you may be aware, travel costs form a huge part of our extra-curricular activities budgets. To help reduce this we would like to encourage parents to help transport squads to and from local matches or festivals. When appropriate we will also walk with teams to and from matches / festivals at Meadowmill Sports Centre. If you do not wish your child to be included in these walking occasions please let me know in writing. At each home or away match or festival your son / daughter will be charged £1.00 to go towards laundry costs, and overall transport costs. When a bus is used this will increase to £3.00. I hope you appreciate that we need to try and reduce these costs when we can. Obviously we do not want this cost to stop or hinder your sons / daughters involvement and when there may be difficulty in paying please contact me to let me know. Each pupil's situation will be treated individually, confidentially and sensitively. Though please do try to contact me and let me know before hand, as this will help avoid any embarrassment.

Thank you for your time, and I hope that together we can encourage our pupils to lead a healthy and active lifestyle. Please feel free to contact me at the school at any time to discuss any of these issues or your ideas.

Lastly, please remember to complete and return the parental consent form on the reverse of this letter as soon as possible. You can hand them into the school or your son / daughter can hand them into me at the PE Department in Ross High School.

Yours in sport,

Mark Urwin, Sport & Physical Activity Co-ordinator
Mobile: 0796 942 8586, Email: murwin@elcschool.org.uk
www.activeschoolseastlothian.co.uk and www.RossHighSport.co.uk

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



Excursion: Sport & Physical Activity Extra Curricular Activities 2011/12

Cost (If applicable) Various

Name of participant: _____ Age: _____ Register Class: _____

Home Address: _____

Pupils: Mobile: _____ Pupil home phone number: _____

Parents Name (print): _____ Parents mobile: _____ Parents Work: _____

Emergency Contact (print): _____ Emergency phone number: _____

Is a Parent willing to help Transport their child and others to and from matches? Please circle: - Yes / No

To participate in club(s), use code(s) _____

Leisure Pass Plus (LPP) code _____ Leisure Pass Plus (LPP) 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: _____

For water based activities only. I certify that my child/ward cannot / can swim 50 metres / is confident in cold water wearing a buoyancy aid. (Ring as appropriate)

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.

I would like more information about volunteering within the Active Schools programme- Yes / No

It is the parent/guardians responsibility to make sure their child arrives and returns home from the club.

I give permission for my child to appear in Active Schools promotional materials or footage including the Active Schools websites. I understand that if I do not want my child's image to appear in Active Schools promotional materials or footage including the Active Schools websites I will contact Mark Urwin in writing.

Parent /Guardian Name (Block Capitals): _____ Date: _____

Parent /Guardian Signature: _____

Ross High School Extra Curricular Clubs – 2011/12

FREE Lunchtime Clubs

Code	Activity	Year	Day / Dates	Time	Venue	Deliverer
RH BAD MON	Badminton	All Girls	Every Monday Lunchtime	1pm to 1.30pm	Ross High School Games Hall There are only 8 spaces.	Mark Urwin
RH BAD ASN	Badminton	ASN	Every Monday Lunchtime	1pm to 1.30pm	Ross High School Games Hall	Mark Urwin
RH BAD TU	Badminton	All	Every Tuesday Lunchtime	1pm to 1.30pm	Ross High School Games Hall There are only 12 spaces.	Mark Urwin
RH BW	Short Mat Bowls	All	Every Wednesday Lunchtime	1pm to 1.30pm	Ross High School Gym 2 There are only 8 spaces.	Mark Urwin
RH TT WED	Table Tennis	All	Every Wednesday Lunchtime	1pm to 1.30pm	Ross High School Gym 1 There are only 12 spaces.	Mr White
RH FB OD	OUTDOOR Football	All	To be Agreed. Let me know if you are Interested by adding the code to the application form.	1pm to 1.30pm	Ross High School Grass Football pitch. There are only 20 spaces.	Mr Stanfield



www.RossHighSport.co.uk

Ross High School Extra Curricular Clubs – 2011/12
FREE After School Clubs (Though there may be match fees applicable on Match Days)

Code	Activity	Year	Day / Dates	Time	Venue	Deliverer
RH SEN RQ	Senior Racket Sports	S5 & S6	Every term time Monday From 5 th September	3.35pm to 4.45pm	Ross High School Games Hall School PE Kit and a bottle of still water	Mrs Clelland
RH ARCH	Archery	S4, S5 & S6	Every term time Tuesday From 30 th August	3.35pm to 5pm	Ross High School Gym 2. There is only 12 spaces. School PE Kit and a bottle of still water.	Mr Kidd
RH BB TUE	Basketball	S1 & S2	Every term time Tuesday From 23 rd August	3.35pm to 5pm	Ross High School Games Hall Bring suitable clothing (including black socks and shorts for matches) and a bottle of still water. A black school strip top will be provided for matches. There will be match fees.	Mr Adam Martin
RH BAD WED	Badminton	All	Every term time Wednesday From 31 st August	3.35pm to 4.45pm	Ross High School Games Hall School PE Kit and a bottle of still water There is only 20 spaces.	Miss Williamson
RH BB THU	Basketball	S3, S4, S5 & S6	Every term time Thursday From 25 th August	3.35pm to 5pm	Ross High School Games Hall Bring suitable clothing (including black socks and shorts for matches) and a bottle of still water. A black school strip top will be provided for matches. There will be match fees.	Mr Gill
RH HOC	Hockey	All Girls	Every term time Wednesday From 31 st August	3.35pm to 5pm	Ross High School Astro Bring suitable outdoors clothing, (including black socks and shorts for matches), gum shield and a bottle of still water. A black school strip top will be provided for matches. There will be match fees.	Miss Bennett
RH S1 FB BY	Football	S1 Boys	To Be Arranged (TBA)	To Be Arranged	Ross High School PE Dept. & Playing Fields. Bring suitable outdoors clothing, (including black socks and shorts for matches), boots, shin guards and a bottle of still water. A black school strip top will be provided for matches. There will be match fees.	(TBA)
RH S2 FB BY	Football	S2 Boys	To Be Arranged	To Be Arranged	Ross High School PE Dept. & Playing Fields. Bring suitable outdoors clothing, (including black socks and shorts for matches), boots, shin guards and a bottle of still water. A black school strip top will be provided for matches. There will be match fees.	Mr Alan Watters
RH 16s FB BY	Football	S3, S4 & S5 Boys	As per Match Posters	Various	Ross High School PE Dept. & Playing Fields. Bring suitable outdoors clothing, (including black socks and shorts for matches), boots, shin guards and a bottle of still water. A black school strip top will be provided for matches. There will be match fees.	Mr Sands & Mr Donnelly
RH Sen FB BY	Football	S4, S5 & S6 Boys	As per Match Posters	Various	Ross High School PE Dept. & Playing Fields. Bring suitable outdoors clothing, (including black socks and shorts for matches), boots, shin guards and a bottle of still water. A black school strip top will be provided for matches. There will be match fees.	Mr Sands & Mr Donnelly
RH Sen FIT FE	Fitness	S4, S5 & S6 Girls	As per Posters	Various	We hope to run this club but need to gauge interest first. Please add the code to your form if you are genuinely interested in joining.	TBA
RH Sen FIT BY	Fitness	S4, S5 & S6 Boys	As per Posters	Various	We hope to run this club but need to gauge interest first. Please add the code to your form if you are genuinely interested in joining.	TBA
RH Golf	Golf	All	As per Posters	Various	We hope to run this club but need to gauge interest first. Max. handicap 20 Please add the code to your form if you are genuinely interested in joining.	TBA

Ross High School Extra Curricular Clubs – 2011/12 - FEE PAYING After School Clubs

Code	Activity	Year	Day / Dates	Time	Cost	Cost LPP	Venue	Head Coach
RH RUG 18s	Rugby	S5 & S6 Boys	Every Mon & Wed	6.50pm to 8.30pm	£20 Annual Fee		Ross High Rugby Football Club Annual Fee includes membership to the Ross High RFC, playing shorts & socks. Bring suitable outdoors clothing a gum shield and a bottle of still water. A school/club strip top will be provided for matches. Please make you cheque payable to "Ross High RFC Youth Section" There will be match fees.	Mark Urwin & Stuart Peel & Mr Craig Mercer
RH RUG S3	Rugby	S3 Boys	Every term time Tue & Thurs From Tue 23 rd August	5.30pm to 7pm	£20 Annual Fee		Ross High School PE Dept. / Outdoor Playing Fields. Annual Fee includes membership to the Ross High RFC, playing shorts & socks. Bring suitable outdoors clothing a gum shield and a bottle of still water. A school/club strip top will be provided for matches. Please make you cheque payable to "Ross High RFC Youth Section" There will be match fees.	Mr Michael Walshe & Mr Graeme Welsh
RH RUG S2	Rugby	S2 Boys	Every term time Tue & Thurs From Tue 23 rd August	5.30pm to 7pm	£20 Annual Fee		Ross High School PE Dept. / Outdoor Playing Fields. Annual Fee includes membership to the Ross High RFC, playing shorts & socks. Bring suitable outdoors clothing a gum shield and a bottle of still water. A school/club strip top will be provided for matches. Please make you cheque payable to "Ross High RFC Youth Section" There will be match fees.	Mr John Tinlin & Andy Robertson
RH RUG S1	Rugby	S1 Boys	Every term time Tue & Thurs From Tue 23 rd August	Tuesday 4pm to 5.30m	£20 Annual Fee		Ross High School PE Dept. / Outdoor Playing Fields. Annual Fee includes membership to the Ross High RFC, playing shorts & socks. Bring suitable outdoors clothing a gum shield and a bottle of still water. A school/club strip top will be provided for matches. Please make you cheque payable to "Ross High RFC Youth Section" There will be match fees.	Mr Michael Davidson & Mr Gill
				Thursday 5.30pm to 7pm				Mr Michael Davidson & Mr Robert Baillie
RH Sen ZUMBA	ZUMBA	S5 & S6	Tuesday Sept. 14, 21, 28 Oct 5 & 12	3.45 to 4.45pm	£10	£8	Ross High School Gym Hall 1 There is only 20 spaces. Please make cheques payable to "Ross High School"	Mrs Shannon
RH CHE	Cheerleading	All	Fri. Sept. 2, 9, 16, 23, 30, Oct. 7, 14, 28, Nov. 4, 11, 18, 25 (Performance Dec 2, 3pm-5pm, RHS)	2.30pm to 3.30pm	£24	£18	Ross High School Gym Hall 1. There is only 20 spaces. Bring suitable clothing and a bottle of still water. Cheerleading will involve stunts. The children will be physically supported by other children and coaches for these stunts. Please make cheques payable to "East Lothian Council"	Kayleigh Cameron
RH KAY	Kayaking	All	Tuesday Sept. 14, 21, 28 Oct 5 & 12	4pm to 5.30pm	£10	£8	Either at the Loch Centre or Musselburgh lagoons. All participants need to be able to swim for 50m in cold water. There is only 8 spaces. Please make cheques payable to "Ross High School"	Mr Gill & Mr Berry