THE ROYAL HIGH SCHOOL & ACTIVE SCHOOLS

HEALTH AND WELL BEING

EXTRA-CURRICULAR OPPORTUNITIES

ACADEMIC YEAR

2019 - 2020

www.royalhigh.wordpress.com/information/sports-activities/

@RHS_HWB

@RHS_Netball

@RHS_Rugby
Welcome to Sport and Physical Activity at RHS

There are a whole range of sport and physical activity opportunities at the school and wider community. We work with the teachers, parents, local club coaches, volunteers and senior pupils to put on a range of different sporting opportunities.

If there is a sport which we are not offering but you would like to take part in, help us to make it happen! We want organising activities to be a team effort with pupils and the school working together to make things happen….all about collaboration!

This year, we will continue to focus on increasing girl’s participation, creating additional support needs sporting opportunities and providing leadership roles for pupils.

As always, if you have any extracurricular/sport questions, feel free to get in touch at any time.

Yours in sport,
Mr McLachlan (Active Schools Coordinator) and Mr Gair (Curriculum Leader for Physical Education)

**Colours and Wider Achievement**

We want to know about your wider achievements in sport outside of school throughout the year. Please get in touch with any good news stories/pictures to share on our twitter.

Those that are competing in sport at a high-level (regional/national) may be eligible for school colours and half colours.

Get in touch with Mr Gair if you think you may be eligible.

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**Thursday**

<table>
<thead>
<tr>
<th>Club</th>
<th>Time</th>
<th>Location</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Triathlon Club (S1-S6)</td>
<td>3.30PM – 5PM</td>
<td>Outdoor</td>
<td>Mr McLachlan Mr Mitchell</td>
</tr>
<tr>
<td>Basketball (S1-S3)</td>
<td>3.30PM – 4.30PM</td>
<td>Games Hall</td>
<td>Mr Docherty</td>
</tr>
<tr>
<td>Rugby (S1-S6 Boys)</td>
<td>3.45PM – 5.30PM</td>
<td>Outside Pitches</td>
<td>Mr Leckie</td>
</tr>
<tr>
<td>Rugby (S1 – S6 Girls)</td>
<td>4PM – 5PM</td>
<td>Outside Pitches</td>
<td>Mr Leckie</td>
</tr>
</tbody>
</table>

**Friday**

<table>
<thead>
<tr>
<th>Club</th>
<th>Time</th>
<th>Location</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletics (S1-S6)</td>
<td>12.45PM – 1.45PM</td>
<td>Games Hall</td>
<td>Mr McLachlan Mr Ridley</td>
</tr>
<tr>
<td>Tennis (S1-S6)</td>
<td>1PM – 2PM</td>
<td>Barnton Park Tennis Club</td>
<td>Mr McLachlan</td>
</tr>
</tbody>
</table>

We will add more sport clubs throughout the year. Information will be sent out when new clubs have been confirmed.

All activities will commence by; Friday 13th September.

N.B. Some may begin earlier so please see the relevant contact for more information.

All club details, match information and success stories can be found through our website and twitter accounts;

[www.royalhigh.wordpress.com/information/sports-activities/](http://www.royalhigh.wordpress.com/information/sports-activities/)
## Activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Netball (S1 – S2)</td>
<td>3.30 PM – 4.30 PM (Starts 2nd September)</td>
<td>Games Hall</td>
<td>Kay Farquhar MS Campbell</td>
</tr>
<tr>
<td>Netball (S3-S6)</td>
<td>4.30 PM – 5.20 PM (Starts 2nd September)</td>
<td>Games Hall</td>
<td>Kay Farquhar MS Campbell</td>
</tr>
<tr>
<td>Fencing (S1-S6)</td>
<td>3.30 PM – 5 PM (Starts 9th September)</td>
<td>Upper Gym</td>
<td>Andy Alderman</td>
</tr>
<tr>
<td>Football Games (S1)</td>
<td>3.30 PM – 4.30 PM (Starts 9th September)</td>
<td>Astro</td>
<td>Mr Muttit</td>
</tr>
<tr>
<td>Football Games (S2 and S3)</td>
<td>3.30 PM – 4.30 PM (Starts 2nd September)</td>
<td>Astro</td>
<td>Mr Muttit</td>
</tr>
<tr>
<td>Water Polo (S1-S6)</td>
<td>3.30 PM – 4.30 PM (Starts 9th September)</td>
<td>Swimming Pool</td>
<td>Mr McLachlan</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swimming (S1 – S6)</td>
<td>3.30 PM – 4.30 PM (Starts 3rd September)</td>
<td>Swimming Pool</td>
<td>Mr Mitchell MR McLachlan</td>
</tr>
<tr>
<td>Triathlon – swim (S1 – S6)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rugby (S1-S6 Boys)</td>
<td>3.45 PM – 5.30 PM (Already Started)</td>
<td>Outside Pitches</td>
<td>Mr Leckie</td>
</tr>
<tr>
<td>Badminton (S1-S3)</td>
<td>3.30 PM – 4.20 PM (3rd September)</td>
<td>Games Hall</td>
<td>Mr Lane</td>
</tr>
<tr>
<td>Badminton (S4-S6)</td>
<td>4.20 PM – 5 PM (3rd September)</td>
<td>Games Hall</td>
<td>Mr Lane</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hockey (S1-S6)</td>
<td>3.30 PM – 4.30 PM (Starts 4th September)</td>
<td>Astro</td>
<td>Mr Terris</td>
</tr>
<tr>
<td>Cricket (S1-S6)</td>
<td>3.30 PM – 4.30 PM (Starts 11th September)</td>
<td>Astro</td>
<td>James Carr</td>
</tr>
<tr>
<td>Girls Football (S1-S6)</td>
<td>3.30 PM – 4.30 PM (Stars 21st August)</td>
<td>Astro</td>
<td>Ian Ashcroft</td>
</tr>
<tr>
<td>Volleyball (S1-S6)</td>
<td>3.30 PM – 4.30 PM (Starts 4th September)</td>
<td>Upper Gym</td>
<td>Ms Marshall</td>
</tr>
<tr>
<td>Basketball (S4-S6)</td>
<td>3.30 PM – 4.45 PM (Starts 21st August)</td>
<td>Games Hall</td>
<td>Mr Docherty</td>
</tr>
</tbody>
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### Sports Membership (Including Rugby, Football, Netball)

This year, the Royal High School is using a different system to sign up for the sports memberships. We will be using the same Edinburgh Council System for the primary schools, JoinInEdinburgh. This will help with the recording of stats for Sportscotland and creation of registers. Payment will still be made via the high school once you have signed up through JoinIn.

To sign up for the sports membership:

1. Complete the Form via [www.joininedinburgh.org](http://www.joininedinburgh.org) and search for ROY-80. Or you can click this link – [RHS Membership](http://www.joininedinburgh.org) – to take you to the sign up page. **Rugby Membership** will still be made through Mr Welsh and Mr Leckie. *(Sign up from Monday 19th August)*

2. Complete KIC Form sent out from the school (If not already completed for the school)

3. **Payment to be made from Monday 26th August** *(ParentPay will be open from Monday 26th August)* *(Cheques payable to “The Royal High School”)*

4. Return Forms and Payment to the **School Office**

* Forms are downloadable from the school website [https://royalhigh.wordpress.com/sports-activities/](https://royalhigh.wordpress.com/sports-activities/)
**SIGN UP INFORMATION**

We want every pupil in our school to be able to access all the opportunities we have available. Although funds are limited, we are able to provide some financial assistance to ensure money is not a barrier for our pupils. We would like to be able to assist everyone with trips and fees however this is not possible and hence we have criteria to allow us to allocate this as fairly as possible.

If you would like to apply for financial assistance please complete the *application for school support funding form and return it to the School Office. The information in the form will be treated in the strictest confidence.*

*(application form is available from the school office or downloadable from the school website)*

[HTTPS://ROYALHIGH.WORDPRESS.COM/SPORTS-ACTIVITIES/](HTTPS://ROYALHIGH.WORDPRESS.COM/SPORTS-ACTIVITIES/)

**PE UNIFORM**

Our school Physical Education Uniform consists of the following;

- **White T-Shirt**
- **Black Shorts/Tracksuit Bottoms/Black Sports Leggings**

Pupils must wear uniform to all Physical Education classes and are recommended to wear their uniform to any extra-curricular classes (where appropriate).

All uniform, along with these additional items;

- **Hoody**
- **Rain Jacket**
- **Sport Club Strips**

Can be purchased from our online school shop with AITKEN & NIVEN. Prices range from £5 - £35.

To access the shop please click on the logo or visit the web address.

[WWW.AITKEN-NIVEN.CO.UK/CATEGORY/MY-SCHOOL/ROYAL-HIGH-SCHOOL](WWW.AITKEN-NIVEN.CO.UK/CATEGORY/MY-SCHOOL/ROYAL-HIGH-SCHOOL)
**ADDITIONAL OPPORTUNITIES**

**Skiing - *Extra Charge**
Every Tuesday Evening Enjoy Skiing @ Hillend Ski Centre. For further details, see Miss Davidson.

**Lothian League Cross Country – No Charge**
Fancy testing your Cross-Country skills against other schools. Races take place on consecutive Wednesday’s around Edinburgh. Dates and venue information will be sent out in September.
For further details, see Mr. McLachlan and Mr. Mitchell.

**Fencing**
We have started a new fencing club at The Royal High School. This is coached by Scotland coach, Andy Alderman. An individual letter will be sent out for fencing with information about cost and dates. If you need more information, get in touch with Mr. McLachlan.

**Volunteer Opportunities**
We are always looking to get parental volunteers to help support school sport. We are looking for helpers in the following sports;

- Tables Tennis, Cricket, Basketball, Hockey, Cross Country, Tennis

If you feel you would be able to help in any way, get in touch with Matthew McLachlan the Active Schools Coordinator.

MATTHEW.MCLACHLAN@EA.EDIN.SCH.UK

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**MEMBERSHIPS AVAILABLE**

**SPORTS MEMBERSHIP**
Includes unlimited access to the following sports;

- Badminton
- Volleyball
- Cricket
- Swimming
- Basketball
- Hockey
- Water Polo
- Triathlon
- Tennis

£15 Per Year

Our Sports Membership payment will contribute to any coaching costs, venue hire, new club equipment, purchase of team strips, referee payments and, if required, out of city transport.

Should your son/daughter wish to attend any of the above activities during 2018/2019, payment is required. Details for payment are listed previous.

See Mr. McLachlan in the P.E. Department for more details.

Pupils can apply for financial assistance to help with costs of memberships. Those who are registered for Free School Meals will receive memberships for free. The application for financial help can be found by the following link or through the School Office.

www.royalhigh.wordpress.com/information/sports-activities/
**Rugby Membership**

Our School Rugby Membership covers co-curricular and extra-curricular rugby within the school. Further details on what your son/daughter will access will be communicated early in the new session. Mr Leckie and Mr Welsh will have a meeting to hand out forms.

**This Year’s Fee’s:**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>S1 Boys and Girls</td>
<td>£35</td>
</tr>
<tr>
<td>S2 – S6 Girls</td>
<td>£50</td>
</tr>
<tr>
<td>S2 Boys</td>
<td>£60</td>
</tr>
<tr>
<td>S3 – S6 Boys</td>
<td>£90</td>
</tr>
</tbody>
</table>

**Purchasing a Rugby Membership also includes a Free Sports Membership**

**Football Membership**

Our Boys and Girls School Football Membership covers extra-curricular football within the school, affiliation, Scottish Cup Transport and referee costs. See Mr Gair or Mr McLachlan for more details.

**This Year’s Fees:**

**£35**

**Purchasing a Football Membership also includes a Free Sports Membership**

**Netball Membership**

Our new Netball Membership covers the netball provision for the Royal High School for over the year. This goes towards training costs and funding for the Scottish cup run. See Mr McLachlan or Mrs Campbell for more details.

**This Year’s Fees:**

**£35**

**Purchasing a Netball Membership also includes a Free Sports Membership**