

My name is Jill Chalmers and I am the new Active Schools Co-ordinator for the Balerno cluster. I cover Balerno High School and Dean Park and Ratho primaries.

I am new to the area, having worked in the Scottish Borders as an Active School Co-ordinator previously. Most of my experience comes from working with secondary schools so the primary schools are a new and exciting challenge.

I work part time as a co-ordinator here in Balerno (Mondays, Wednesdays and Fridays) and spend the rest of my working days with the NHS where I work as an Exercise Specialist in Midlothian.

As the Active Schools co-ordinator I am keen to establish strong links between the schools and the community clubs within the area as well as helping support the strong network of activities already running. Active Schools also aims to improve and increase the number of volunteers, whether it is staff, parents or pupils and to encourage more adults and children to become more actively involved within the community.

Active Schools Network has two key aims:

These are:

- to continue to increase opportunities for all children and young people to be engaged in physical activity and sport.
- to strengthen pathways to participation and performance through sustainable school to community links.

These aims will be achieved by:

Increasing participation amongst “hard to reach groups” by adopting a targeted approach towards:

- girls and young women
- children and young people with a disability
- children and young people from black and minority ethnic backgrounds*
- children and young people in areas of socio-economic disadvantage (regeneration/SIMD areas)*



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- embedding the effective integration, planning, management and delivery of Active Schools within local authorities
- children and young people not currently involved in physical activity and sport.

I am based in the Community Education Office in Balerno High School so if you have any questions please do not hesitate to contact me.

Many thanks

Jill Chalmers

Active Schools Co-ordinator



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