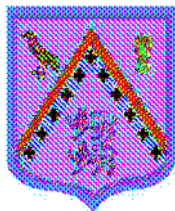


5X60 NEWSLETTER



Sept 08 Edition.

Welcome to the 5X60 newsletter! Firstly let me update you on some news. Maelor School has a new 5x60 officer -Mr Reid who will be starting at the school in 2 weeks. Miss Horlock will be moving on to a new role in London. Mr Reid will be based at the school 20 hours a week to increase your sporting opportunities. Within this newsletter we hope to bring you exciting news about the development of the project with interesting stories, tips and facts.

What is 5x60?

The 5x60 programme is aimed at increasing the number of pupils undertaking 5x60 minutes of sport. We are listening to comments and suggestions all the time so please feel free to let the 5x60 officer know what activities you would like to see going on in the school.



The following timetable will begin on the week

MON	Waterpolo	12.30-1.10pm
TUE	Ultimate Frisbee	12.30-1.10pm
	Cheerleading	12.30-1.10pm
	Breakdancing	3.30-4.30pm
WED	Dance	12.30-1.10pm
	Judo	3.30-4.30pm
	Basketball	3.30-4.30pm
THU	Girls Football	3.30-4.30pm
FRI	Basketball	12.30-1.10pm
	Waterpolo	12.30-1.10pm
	Ultimate Frisbee	3.30-5.00pm
SAT	Cycling	10.00-12.00pm

beginning 15th September 2008

Please see 5x60 notice board for details. You will see lots of new and exciting activities going on within the school next term, based on the results of your questionnaires;

WATERPOLO CLUB

Do you want to be part of the Maelor school water polo team and play matches against other 5x60 schools? Then come along to the water polo training sessions. See Mr Martin for more details.

DANCE CLUB

Louie Payton and Jeni Hall form year 11 have kindly offered to run dance club for the year 7's every Wednesday Lunchtime. If you want to learn the routines to your favourite songs and films then come along and sign up on the wall next to the sports hall.

JUDO CLUB

Due to the success of Judo club last term the coach Mr John Walsh will be returning to Maelor school to run taster sessions and the after school club will restart in two weeks for all years and all abilities.

GIRLS FOOTBALL CLUB

Miss Horlock has received a list of over 90 pupils interested in setting up a Girls Football club. Amanda Madson form 6 form who is a qualified football leader has offered to coach this club. The club will be commencing soon on a Thursday after school.

BASKETBALL

6former Liu Yuan will be coaching Basketball club, Liu is being mentored by The Wrexham Basketball Development Officer to gain his Level 1. The sessions are for all abilities and all who attend will get to play matches against other 5x60 schools.

CYCLING

A 6 week block of cycling sessions will be starting soon at Alyn Waters Country Park and Llandegla Forest on a Saturday. If you are interested please give your name to the 5x60 officer.

CHEERLEADING

Cheerleading club is still looking for more people to attend Tuesday lunchtimes, the club is currently looking for a new coach if anyone wants to come forward please let the 5x60 officer know.

ULTIMATE FRISBEE

All of you should now know what Ultimate Frisbee is by now, the 6 form team will be putting together some taster sessions in the near future. Also anyone who attends will get a chance to play against Bishop Heber School.

5x60
Ewch gyda'r llif
Get with it

BREAKDANCING

The break dancing taster sessions were a success. As a result a club will be organised soon! See 5x60 officer for more details.

Events

Get Safe for Summer took place on June 23rd 2007, the same day as national Olympics Day. The day was a huge success with visitors attending and the Mayor! All new year 7 pupils were invited see pictures below.



Get more play in your day!

Tips to stay healthy.

1. Get organised. Join in with the 5x60 clubs at school and in your community.
2. Work out a plan. Find the best time for you to take part either before school, lunchtime or after school.
3. Don't waste your holidays and weekends in front of the telly or on the play station. Try and cut down on how many hours you spend in front of the telly, or surfing the net.
4. Take up a challenge. If you fancy something different, take up rock climbing or surfing. Ask your 5x60 officer about getting started.
5. Keep motivated. Involve other people like friends and family to help keep up your interest.
6. Get some coaching. If you are thinking about getting serious in a particular sport or want to improve your skills, how about getting a coach? Don't be shy, speak with your 5x60 officer.
7. Stay focused. Sometimes other commitments will get in the way of your activity plans. Don't get put off just because you've missed a session, just pick up from where you left off.

A goodbye message from Miss Horlock.....

Thank you to all pupils who have attended the 5x60 clubs, thank you to all the leaders who have got involved and thank you to all the staff who have taken an interest. I have had a great time working at The Maelor School, I will miss you all. Keep taking part in 5x60!



sports council wales
cyngor chwaraeon cymru

