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**EDINBURGH SOUTHERN ORIENTEERING CLUB (ESOC)**

**Bulletin for schools, July 2016**

For further information on any of these items, please contact schoolenquiries@esoc.org.uk

1. **East Lothian and Midlothian Schools Orienteering Festival**

ESOC members helped out at the East and Midlothian Schools Orienteering Festival in Vogrie Country Park in early May, as well as at the introductory sessions for schools in the run-up to the Festival, all organised by the East and Midlothian Outdoor Learning staff.

Go to <http://www.edubuzz.org/eloes/2016/05/05/east-and-midlothian-orienteering-festival-the-results/> for a short report, including a new record for attendance at 900 pupils.

1. **Convenor’s Challenge for high schools**

Orienteering was one of the challenges in the City of Edinburgh’s Convenor’s Challenge on 10th June. The Challenge is designed to encourage teams of school pupils to develop strategies that enable them to complete a series of activity events across the city in a fixed time period.

Teams of four S5 pupils set off from their own school at 9am, equipped with a GPS route tracker, a map of the city and a bus ticket. The teams complete a chosen subset of core challenges ­– climbing/abseiling, cycling, canoeing, orienteering and team building/problem solving at various locations across the city – and visited significant hill tops before finishing at the City Chambers at 3:30pm for the results and prizegiving.

The orienteering took place at Corstorphine Hill and required the teams to visit 10 of the 15 control sites in quick time so that they could move on to the next challenge. Winners this year were the team from Boroughmuir HS.



1. **JASS it up!**

P6 pupils at East Craigs Primary School have just mastered orienteering as the Adventure component of the Junior Award Scheme for Schools, JASS (<http://www.jasschools.org.uk/what-jass>). ESOC was delighted to be able to help with this.

After two practice sessions on the basics of orienteering on the school playing field, with some orienteering games thrown in, we went across to Cammo Estate for the pupils to run a White course on the orienteering map.



1. **Teaching Orienteering CPD Courses**

“The Teaching Orienteering courses (part 1 and part 2) provide excellent training for anyone wishing to introduce the sport in schools …..” Go to:

<http://www.scottish-orienteering.org/natcen/page/teaching-orienteering-courses>

The courses include ideas and resources that can be used for orienteering games and introductory orienteering in the school gym or playground or in an adjacent park or woodland.

Roger Scrutton at schoolenquiries@esoc.org.uk would be happy to arrange mentoring support for teachers who have taken this course and want to get started back in school.

1. **British Schools Orienteering Association**

The BSOA website has information on getting started with orienteering.

At <http://www.bsoa.org/Teach/GetStart> you will find information on “[Teaching Orienteering in Schools](http://www.bsoa.org/docs/misc/Teaching%20Orienteering%20in%20Schools.pdf)” - a rather wordy document! – and “[Tri-O: Orienteering made easy](http://www.bsoa.org/docs/misc/schools_tri_o_resources.pdf)” and “[Orienteering Lesson Plans](http://www.bsoa.org/docs/misc/BSOA%20Orienteering%20Lesson%20Plans.doc)”, both of which are of much more practical use.

There is also an orienteering shop at BSOA, but some resources are fun to make in school.