



SELFguarding Newsletter No: 1



Monday the 21st of November 2022

Happy new week from SELFguarding.

This is also SELFguarding's first official New letter, so I'm really excited about that.

As promised, I would like to update you all on SELFguarding's progress.

Last week SELFguarding officially got its first school; who will be piloting The Hayley's Course – YAY!

The pilot will be taking place on the 29th of March 2023 with a total of 210 children taking part from years 7, 8 and 9.

In the meantime, I am currently in talks with BETTER Leisure Centres and other independent companies about offering a free sports session to any child who takes The Hayley's Course, to try and boost children back into sports for a healthier lifestyle and to put The Hayley's course to the test.

A list of activities and companies' names will be mentioned at a later time once all is confirmed.

I'm also still looking for a primary school to take part in a pilot study from year 5 and 6. Please pass on

SELFguarding's information if you feel your child's school would be interested.

Once again thank you all for your support.

Look forward to updating you all again soon.

Take care from

SELFguarding