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Welcome to the September newsletter from the Be Active Forum.

### **'Be Active for Early Years Training Programme'**

The main purpose of this newsletter is to inform you of a training programme that we will be holding over the next few months to support professionals who work with children in their Early Years. During the period from birth to five years physical activity is essential for supporting growth and development. Developing physical activity is also great fun with benefits for learning and improving wellbeing.

There are already many examples of good practice and we plan to share and develop that through our two day 'Be Active for Early Years Training Programme'. Details can be found on the enclosed leaflet. The two training days will be Saturday 24th November and Saturday 9th March 9.00am-3.00pm at Le Rondin. The training will explain the basics of encouraging physical activity with lots of practical examples of fun, activity, sport and outdoor learning. The free course is available to anyone with an interest in helping children in their early years to become more active.

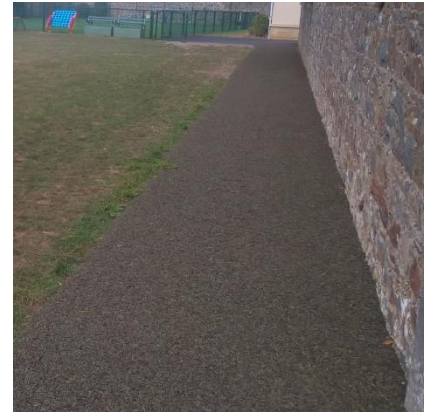
**To book a place, please email [seyt@education.gg](mailto:seyt@education.gg) by Friday 26th October**

### **Update on The Daily Mile in Guernsey**

I'm pleased to report that all schools are continuing with The Daily mile and we are also hoping to see some more become regular participants. In particular welcome to Herm where we had a lovely day yesterday as we measured a couple of Daily Mile routes and then the whole school tried out the route. From the school, down the Spine road, back along to the Mermaid then up the hill to the school is approximately 1.25 miles. It must be one of the prettiest Daily Miles anywhere.



Also congratulations to Beechwood who are looking to make muddy daily miles a thing of the past with their brand new all weather path (pictured).



### Thank you Guernsey for supporting the Pride in Sport Rainbow Laces Campaign

In the last Be Active newsletter we encouraged the Guernsey sports and activity community to support the Pride in sport Rainbow Laces campaign. This was the first year that we held the campaign and it was great to see colleagues from across so many sports and activities playing their part. During the week we visited schools, sports clubs and events and everywhere we went the support was unanimous and overwhelming. A special thanks to sponsors, EY who did so much to promote the initiative – including preparing the 2000 laces! Sport and activity can be a great force for good and that was certainly the case when so many sportsmen and women shared the message that sport and activity is for everyone.

We had ordered 2000 laces and sweatbands and such was the demand that we could have used double that number. Hopefully this will be the first of many similar initiatives demonstrating that sport and Activity when it comes together can be a really powerful, positive influence.





### Visit by Aaron Phipps, Great Britain Wheelchair Rugby player and London 2012 Paralympic athlete in early November 2018



We will send out more details over the next few weeks but Aaron Phipps, a paralympian will be visiting Guernsey to in early November. Aaron is a Great Britain Wheelchair Rugby athlete and Paralympian. At 15 Aaron had both of his legs and most of his fingers amputated due to blood poisoning from meningitis. After a 10km fundraising wheelchair race for the Meningitis Research Foundation (MRF), Aaron's sporting journey began. Starting with wheelchair racing Aaron competed in two London Marathons, including 2009 where he came fourth, finishing in under two hours. Aaron joined the GB Wheelchair Rugby squad and was selected for the 2012 London Paralympic Games where he scored over half of his team's points. In 2016 Aaron decided to climb Mount Kilimanjaro to raise funds for both MRF and Shaw Trust, with a specially adapted off-road wheelchair. However, when the wheelchair wasn't working on the terrain Aaron refused to be carried and reached the summit after four days of trekking on his hands and knees. It's the first time an amputee has reached the top of Kilimanjaro without any assistance. The story made national headlines and has been the subject of a Channel 5 documentary.

He is a really inspirational character and we look forward to arranging visits to schools, clubs in early November. More details will be available in early October - he visits the island on Wednesday 7<sup>th</sup>/ Thursday 8<sup>th</sup> November. For more information please contact Alun Williams – [alun.williams@gov.gg](mailto:alun.williams@gov.gg)