

'Be The Best You Can Be' at Woodcroft!

Woodcroft Primary School, started the **Be the Best you can Be 2015** programme today with a very special guest Ian Rose (Silver medallist Judoka Paralympian), who entertained and inspired the young audience of Woodcroft with his 'journey' to success. The Be The Best You Can Be programme challenges young people to discover and develop their unique potential within themselves and inspires, engages and empowers them to pursue and fulfil their dreams. This unique Programme has been developed as an Educational Legacy going beyond Sport and far beyond the inspiration of London 2012 to inspire the youth of Britain and the rest of the world.

Dr David Hemery CBE, Olympic Gold Medallist and former World Record Holder (400m Hurdles, Mexico 1968), founder of 21st Century Legacy says "everyone has a spark of greatness within them and through a combination of dreams and practical application they can achieve their potential, as long as they positively set their mind to it, believe in themselves and are prepared to work hard."

The **Be the Best you can Be!** Programme includes a Staff Development Day, followed by the Programme Launch, where an inspirational Special Speaker, an Olympian, Paralympian or other High Achiever, shares their story of how success is a journey with the need to overcome inevitable setbacks. As role models, they kick start each school launch and bring the 'achievement of dreams' into the curriculum. The Launch is followed by further themes designed to help young people discover the skills they need to follow their dreams and to begin their own successful journey. The Programme concludes with a Celebration where all the young people and teachers share what they have learnt and support each other in pursuing their dreams and goals. The Programme participants are presented with a Recognition wrist band produced and sponsored by the Royal Mint, intended to encourage them to continue to work towards their goals or set new ones.

By completing the Programme young people raise their self-confidence and self-esteem and benefit from higher aspirations, and a clearer path to how they can realise their dreams.

Craig Tallon, Head teacher at Woodcroft Primary School said:

'Be The Best You Can Be 2015, will build on our achievements from last year. The pupils and the whole school community embraced the aspirational ideas and everyone enjoyed Ian's visit enormously, with his stories of resilience to overcome challenges. Ofsted rated us as a GOOD school and we continue to strive Together Towards Success!'

To find out more about **21st Century Legacy** and to arrange for your school to take part please visit www.21stcenturylegacy.com or call 01672 519 264.

School information - Contact Jackie Valoti (Assistant Head), Woodcroft Primary School, Goldbeaters Grove, Edgware, Middlesex. HA8 0QF. Tel: 0208 959 3244
Special Speaker Information – please see attached biography of Ian Rose

Notes for Editors available at: http://www.21stcenturylegacy.com/about-us/media-enquiries
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