

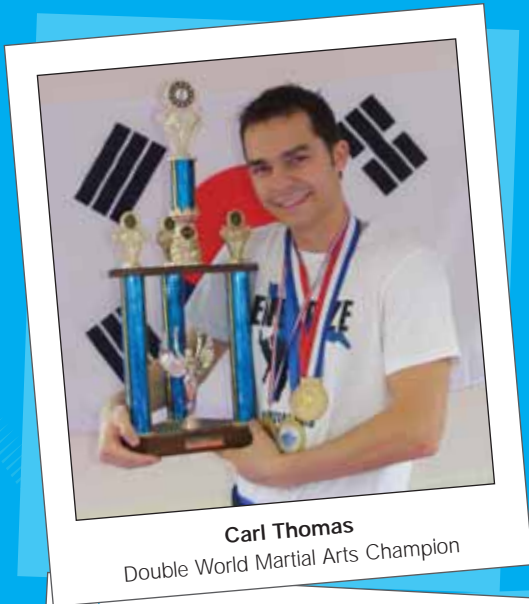
Why not join me in the...

Self-Discipline Challenge



Children's Safety Education Foundation

Aware, Alert, Alive!



Carl Thomas
Double World Martial Arts Champion

Hi, I'm Carl Thomas,
Self-discipline helped me win a Gold Medal, four Silver Medals and the Freestyle Martial Arts title!

Would you like to take part in my 'Week Long Self-Discipline Challenge', which will help you to become a stronger and better person and help keep children safe!

If you do really well, you will be AWARDED our GOLD CERTIFICATE, however you will need willpower and determination if you are to succeed.

Just turn the envelope over and you will see a list of tasks that your parents need to initial and tick at the end of each day to show how well you have done.

GOOD LUCK! And thank you for helping me raise money for The Children's Safety Education Foundation.



Have you got the willpower to win GOLD?

The children enjoyed Carl's assembly so much they talked about it, animatedly, for a long time afterwards. They took the challenge very seriously. We had 62 returns [over half of the children in the school] and raised a fantastic total of £806.95! We support a great number of charities in our school and parents are always very generous, but we have never, ever raised anything like this amount! This is an absolute record for us. Unbelievably, one child raised a staggering £182.00!!

Parents have already commented on how their children enjoyed the challenge and some are even remembering to clean their teeth without being reminded!

If the money we raised helps our children to behave appropriately and helps the CSEF raise children's awareness of self-discipline and how to keep themselves safe, then we are proud to be part of it.

Claire Fisher,
Headteacher, Newtown Primary School

Children's Safety Education Foundation exists to prevent children and young people from making the wrong decisions in areas of risk and danger due to lack of information, knowledge and understanding.

Our target is to provide every child aged 4 to 14 with knowledge that enables them to understand the consequences of making the wrong choices particularly if encouraged by others to do something they normally would not (peer pressure). We owe it to our children to prevent them from harm and unnecessary suffering.

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CSEF Registered Charity Numbers: 1103344 and SC037714

Chairman: Lord Wade of Chorlton; Trustees: Liam McGurrin, Terry Spurr MBE and Ann Alexander; Patron: Alison O'Brien

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Please complete the following:

Name.....

Class.....

Number of tasks achieved.....

Amount raised.....



**Children's
Safety
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Hang this chart on your fridge and every day make sure you complete the task.
Ask your parent/guardian to tick and initial the box as you complete them.
This shows that you have had the self-discipline to complete the daily tasks.

Altogether there are 50 boxes to be ticked, if you achieve 45+ you will be awarded the GOLD CERTIFICATE, 40+ and you will be awarded the SILVER CERTIFICATE and 30+ the BRONZE CERTIFICATE.

TASK (To be completed by parent/guardian or child)	MON	TUES	WEDS	THURS	FRI
1 When I was asked to get up in the morning, I got up straight away.					
2 Before going down stairs, I had a wash and brushed my teeth.					
3 Before going to school I had some breakfast.					
4 I did all the above straight away which pleased my parents.					
5 When I got home I changed out of my school clothes and put them away tidily.					
6 At teatime I was well behaved and ate all my tea and said thank you.					
7 I completed any homework that was set that day. (Tick and initial if not applicable.)					
8 When I was playing in the evening I respected my toys and tidied up when I had finished.					
9 When it was bedtime, I brushed my teeth and got in bed straight away.					
10 I completed a good deed without being asked by my parents.					