

July 2015

**Setting Up a Health Day for Trainee Teachers: A guide for course leaders**

Dear Colleague,

We are delighted to send you a complimentary copy of the above publication which we launched at the PSHE/ PHE conference, Healthy *and effective learners: The contribution of Initial Teacher Education.*  It has been written as a result of our involvement in the development and implementation of a Health and Wellbeing curriculum, which is now an embedded part of the Initial Teacher Education Courses at Southampton.

**We would be most interested in receiving your feedback about the toolkit** **and how it might be used in your institution**, so that we can evaluate its potential and actual impact. We would like to follow this up in the next 6 months to find out more about your achievements in the area of health and well-being/ PSHE education.

**Please send us the following by contacting Jenny and Sue at the email addresses below:**

1. Your initial comments
2. How the toolkit might be used
3. Your contact details, including a telephone number on which we could contact you.

**A PDF of this toolkit is available on receipt of your email address.**

Many thanks.

Yours sincerely,



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