



# BEYOND NEWS

2020 ISSUE 1

## A HUNDRED REASONS TO CELEBRATE!

The Run Beyond Project had an amazing year in 2019, chalking up a whole host of milestones.

We enjoyed seeing our 100th graduate, and reliving some of the memories that these 100 people have created over the years.



We delivered our first Teacher Training Day, to help ensure The Run Beyond Project is implemented effectively in each and every school, as well as giving all our teachers the chance to share their Run Beyond experiences.

We were privileged to have our board of directors expand, with a view to expanding our reach.

We welcomed our first regional and interstate schools to the fold!

As always, none of this would be possible without the ongoing support of the amazing Run Beyond community, so thank you all for the myriad of contributions you make to keep run beyond running!

Our 2020 vision is to continue to improve the quality of our project and to expand it to empower more students-in-need across a larger number of schools. With more schools applying than we can sustain financially, Run Beyond needs to expand its supporter base. You can help by becoming [regular donor](#) or simply by spreading the word.

Yours in the long run,

**David Criniti**  
Founder / Director

## 100 GRADUATES

When we began, in 2015, at Chester Hill High School, The Run Beyond Project was an in-school initiative. We certainly didn't envisage that we'd soon be having an impact on schools and communities across (and beyond) the state.

But thanks to the support and generosity of our friends and partners, gradually our horizons expanded, and word spread about the power of this project to effect students, schools and communities.

In 2016, Evans High School became our second Run Beyond school, quickly followed by Chifley College and Katoomba High School later that year.

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Our first five graduates (L-R): Khalil, Ali, Suliman, Farhad, and Reza.

With the project working having a wonderful influence on students in these schools, more teachers expressed interest in implementing the project in their own school.

In 2019, we entered our 12th school, and at November's Central Coast 10km Fun Run and Half-Marathon, produced our 100th graduate.

We have started to tell the stories of some of these 100 graduates on our website, and will continue to do so throughout 2020. Have a look at our first couple about two very special students [here](#) and [here](#).



Our first five graduates after expanding beyond Chester Hill High School - Evans High School's (L-R): Amanda Shannon (teacher), Grace, Juliana, Marisa and Hannah.



## TRAINING DAY

February 2019 saw the hosting of The Run Beyond Project's inaugural Teacher Training Day at Chester Hill High School.

Teachers from Airds High School, Chifley College Shalvey Campus, Sydney Secondary College Balmain Campus, St Mark's Catholic College, St Paul's Catholic College, Westfields Sports High and Bundaberg State High School attended The Run Beyond Project's first teacher training day.



The day gave teachers an opportunity to develop their capacity to implement the project in their own schools and to share experiences with teachers and ask questions about the challenges and successes of the project's implementation in a variety of subtly different school environments as new and dynamic circumstances arise.

The teachers also had the opportunity to meet and chat with some of Chesos's inspiring Run Beyond graduates.

Teachers reported that the day helped enormously and we are looking forward to holding our next Teacher Training Day in late February, 2020.

## A NEW KNIGHT AT THE TABLE

It is a great honour to welcome David Hazlewood, founder of financial planning agency Knightswood House, and long-time supporter of The Run Beyond Project, to our Board of Directors in late 2019.



David says "I'm really excited by the opportunity to be more involved, to help The Run Beyond Project grow so we can provide more young people with the opportunity to develop the tools and self confidence to achieve the great things they are capable of."

Knightswood House has been a partner of The Run Beyond Project since 2017 and David's enthusiasm for the project was crucial in helping us win two consecutive grants from The Australian Financial Planning Agency's charitable arm, The Future2 Foundation in 2017 and 2018.

With a key aim of the project to develop in students a capacity to implement the skills taught beyond the field of running, David is designing curriculum resources to build goal-setting capacities in students to equip them to start their journey to financial independence.

## BEYOND BOUNDARIES

With our first series of schools being in west and south-west Sydney, it was great to see our reach expanding geographically throughout 2019 as we welcomed our first regional school, Nambucca Heads High School, and our first interstate school, Bundaberg State High School.



Teacher Michelle Versluys was an enthusiastic advocate for Run Beyond from the get go, and helped ensure the project was firmly instilled in the school where it had an impact on not only the students, but their families and teachers as well.

*"They really enjoyed having their families see them run through the finish chute at the goal race and congratulate them and share their excitement."*

*"The kids also got out of it a sense of pride and seeing themselves as "runners" which maybe they hadn't before. Other staff in the school would ask them about their training and goal race and they were proud to talk about it and the project. I saw the sense of teamwork and camaraderie increase and improve over time and their ability to talk about the challenges and know that was part of the journey instead of being afraid to admit it was hard at times."*

We've also got a lot to thank our first interstate teacher, Bundaberg High's David Wallace for too - the program was a resounding success there.

Here are David's reflections on it's implementation:

*"Our first cohort of Run Beyond Project students resulted in a multitude of positive outcomes that exceeded my initial expectations. Our weekly RBP sessions provided a period of time where our students felt safe to express themselves. Throughout the program it was evident that the students were coming out of their shells when they were interacting with their peers outside of the program. The feeling of accomplishment each time they ran further than they thought was possible in training sessions also fed their confidence and was rewarding to see."*





During our sessions, RBP participants had conversations about how they going to take the lessons surrounding goal setting and resilience and use them to work towards their own versions of success after they had left Bundy high.

As a RBP coach it was most rewarding to see the personal growth of the students, their rise in confidence and the feeling of achievement on the faces of the students during their sessions and after their race.

These students completed their goal race at the Cane2Coral, where, in addition to enjoying themselves and completing their goal races admirably, the team picked up "The Best Dressed" award, for which we of course have to thank our apparel partners 2ndSkin Asia!

## MOVING FORWARD

Get on board to help us empower more students in more schools. We've been inundated with requests from schools who want to implement the project in their school setting, but ongoing funds are required to make this a reality. It costs \$600 to put a student through the program, including teacher training expenses, printing, shoes, apparel, travel and accomodation and race entries. That's \$50 a month to empower a student in need. Become a regular supporter now to help these students get to the finish line with skills that will last well beyond!

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