

# BRAVEHEART

Castlewellen's Assumption Grammar schoolgirl, Sarah has been awarded the South Eastern Education and Library Board's Pupil of Courage accolade.

Yesterday we interviewed the young 13-year old girl on how it feels to be chosen.

Sarah said she was excited & surprised to have received the award but she was also very grateful.

As a young child she was diagnosed with congenital short femur.

Doctors hope that if she turns the screws, that are on the metal frame that is attached to her left leg, four times a day it will help to lengthen Sarah's leg at the same rate as her body.

She says, "it's not really painful it's more uncomfortable but I'm used to it now, I'm onto my 8th metal frame.

"When I have it on I'm unable to do sports & swimming.

I get the metal frame off for good when I'm 18 so I'm hoping to get involved in lots of interactive sports to make up for the time I've missed out on not being able to do them."

Sarah loved going to school & doesn't let her condition hold her back.

As she has to keep her leg up she is unable to go upstairs so her class have a set classroom



on the bottom floor of the school & she has all her classes in this room which she says she's very grateful for.

When talking about her friends & how they cope with Sarah's condition she says, "Some of my friends at the start were a bit put off by my metal frame but they have grown to get used to it and they're all ok with it now. They're all so supportive, they cope really well."

*We wish Sarah all the best in the future*

## INSIDE STORY HEADLINE

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

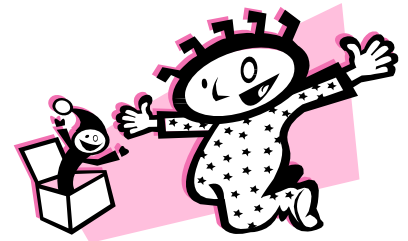
While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer

that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.



*Caption describing picture or graphic.*

*"To catch the reader's attention, place an interesting sentence or quote from the story here."*

## INSIDE STORY HEADLINE

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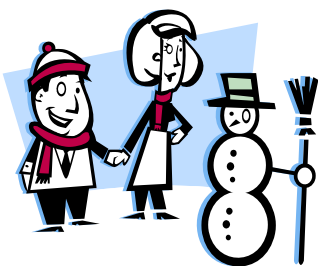
The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter

from the president, or an editorial. You can also profile new employees or top customers or vendors.



*Caption describing picture or graphic.*

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This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting im-

ages that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the

article. Be sure to place the caption of the image near the image.

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RM

Your business tag line here.

Primary Business Address  
Your Address Line 2  
Your Address Line 3  
Your Address Line 4

Phone: 555-555-5555  
Fax: 555-555-5555  
E-mail: someone@example.com

*This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.*

*It would also be useful to include a contact name for readers who want more information about the organization.*

WE'RE ON THE WEB!  
EXAMPLE.MICROSOFT.COM

## BACK PAGE STORY HEADLINE

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

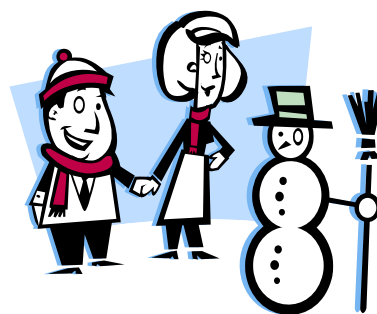
A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may

want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



*Caption describing picture or graphic.*