



3 November 2020

Dear Parents/Carers

On **Friday 13<sup>th</sup> November** we will be supporting the BBC Children in Need charity to promote the right to be healthy (Article 24) and the right to learn (Article 28). Children in Need raise money to support disadvantaged children right here in the UK.

During the week we will be taking part in a short activity each day to promote health and wellbeing. 'Five to Thrive' is a campaign based on the five ways to wellbeing. It is supported by Joe Wicks and will include learning about five key things that can contribute to our wellbeing, these are **connect, take notice, be curious, get active and give**. For more information about the campaign visit the website [www.bbcchildreninneed.co.uk](http://www.bbcchildreninneed.co.uk).

We are asking that on **Friday 13<sup>th</sup> November** children can come into school in **something spotty**. Children will still be going out to play so will need to wear warm clothing and sensible footwear. Please do not feel that you need to buy anything new for this event. In return for this we are asking that the children bring in to school a **£1 donation** to support this worthy cause.

Thank you for your support.

Mrs Sumpter

PSHE and RRS Leader

