



6th November 2020

Dear Parents and Carers



Friday 13th November is Children in Need

After the stress and worry of the coronavirus pandemic, this year the Children in Need charity are making children's mental wellbeing their number one priority and are bringing in some very special friends to help.

The theme this year is Five to Thrive. Five to Thrive is a new unique programme of wellbeing activities inspired by the 5 ways to wellbeing, to help children feel happier and healthier this year. Led by Joe Wicks, Dr Radha and Blue Peter.

At school we will be supporting the charity by asking **children to come to school dressed in their own clothes** and donating £1.00 (or as much as you wish to give). Your contributions can be made via ParentPay. Children can bring some spare change (for example 1p, 2p, 5p, 10p, 20p, 50p), to throw on our giant Pudsey to support disadvantaged children right across the UK. Together we can change young lives!

The teachers will be sharing the fantastic content Children in Need have provided with the children. We have also entered a competition to win a live Zoom work out with Joe Wicks, so fingers crossed for Nishkam!

Yours sincerely






Mrs Brettle
SENDCo



weekly calendar

Each video is around 5 minutes long, so these are quick and fun activities to engage with!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ACTIVITY	Connect 	Take Notice 	Get Active 	Be Curious 	Give 
Joe's Morning Move	5 minute morning energiser with Joe	5 minute morning energiser with Joe	5 minute morning energiser with Joe	5 minute morning energiser with Joe	Bring in your pennies and save your energy for...
Video	Joe Wicks and Dr. Radha kick off wellbeing week chatting about connection and friendship	Take part in a journaling activity to learn about how taking notice of how you feel and your surroundings can really support your wellbeing	Join Joe Wicks interviewing a very special PE teacher to find out about how getting active can make you feel great!	We hear from our friends at Blue Peter all about about how being curious and trying new things can boost your mood!	Join in with Joe's Ultimate Feel Good Friday! Donate £1 or £2 to come to school dressed up and join in on a very special challenge!
Resources	