

# Cumberworth C E (A) First School



6<sup>th</sup> November 2020

Dear Parents and Carers,

Children in Need 2020

We are once again supporting the BBC Children in Need appeal. The number one priority of the campaign this year is children's mental wellbeing and they are promoting 'Five to Thrive'.

Five to Thrive is a unique programme of wellbeing activities for the Appeal Week, led by Joe Wicks, Dr Radha and Blue Peter and inspired by the 5 Ways to Wellbeing.

On Friday 13<sup>th</sup> November all the classes will take part in some of the Joe Wicks activities and we ask that the children either come to school in their sporty / PE clothes or pyjamas / onesies and suitable footwear for PE. No nighties please.

If you wish to support this appeal please make a donation online using our special Children in Need donation page:

<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=1310>

Thank you from the School Council

