



Dear Parents and Carers,

As you may already know, Monday 9th November is the start of this year's BBC Children in Need Appeal Week. We are excited to be joining with many others around the UK to participate in this year's ['Goodbye Rainclouds'](#) campaign by taking part in activities between 9th and 13th November to raise awareness and support the work of this important charity.

The timetable below summarises the 'Five to Thrive Activities' linked to the 5 ways to wellbeing that we will follow in school throughout the week

On **Friday 13th November**, pupils are invited to take part in our 'Feel Good Fundraiser' by wearing a **spotty item of clothing or accessory** to school and contributing a suggested donation of £1 which will support the work of the charity.

Donations can be sent in with pupils to give to their class teacher on Friday 13th November.

FIVE TO THRIVE
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 | | | | | |

©BBC 2007 Registered charity England & Wales no. 802052 and Scotland no. SC039557.

We have also entered the school into the Children in Need School's prize draw in which the winning school will be awarded an exclusive Zoom workout for the whole school with Joe Wicks!

Let's all get involved and support this great charitable cause!

Kind regards
Issie McAnuff (Charities Lead)