

## CHAPMANSLADE CE VA PRIMARY SCHOOL

School

Learning together in a Christian community, nurturing and developing lively minds in a caring environment.

9th November 2020

**Dear Parents** 

All pupils are invited to support Children in Need on Friday 13<sup>th</sup> November by dressing up in non-uniform for the day. The 'fine' for breaking school rules will be a minimum donation of £1 for this excellent cause, which this year focuses on children's mental health and wellbeing for primary age pupils. Your child may wear jeans, a superhero costume, a princess party dress or pyjamas – it is up to them! Don't forget to include sensible shoes and a coat though as playtimes will be outside as usual.

The BBC Children in Need website (follow the link to Schools then select Primary) has many resources promoting wellbeing through the Five-to-Thrive programme of Connect, Take Notice, Get Active, Be Curious and Give – five proven ways to good mental health that help us all to live better lives. The suggestions fit perfectly with our most recent Christian values of Thankfulness and Compassion, and enhance the work we do in school on personal development and spirituality.

Yours sincerely Mrs Chapman

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