

South Bersted CE Primary School

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Headteacher: Mr Noel Goodwin

9th November 2020

Dear Parents and Carers

Children in Need 2020



As you will be aware, **Friday 13th November** is Children in Need day. This year, Children in Need is prioritising children's mental health and wellbeing and is promoting the use of 'Five to Thrive' focusing on children's mental health and wellbeing.

As a school we would like to mark Children in Need with a non-uniform day, where children are encouraged to come to school in brightly coloured clothing. We will also be taking part in a range of wellbeing activities throughout the day around the 'Five to Thrive':



Please note, that physical activity is a prominent factor in maintaining good mental health and wellbeing and so it is likely that your children will be taking part in some sort of physical activity even if they do not have PE on this day. Therefore, please ensure that children are wearing clothing and footwear suitable for this.

If you would like to donate to the Children in Need charity, we ask that donations are made via ParentMail rather than children bringing in cash.

As always, thank you for your support.

Yours sincerely

Mrs Bush
Deputy Headteacher

West Sussex County Council

