



Loving to learn, Learning to love.
For every child a chance to shine



LAYSTON C of E FIRST SCHOOL
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Acting Headteacher: Mrs A McMurrrough



Friday 6th November

Dear Parents/Carers,

This year, in the light of Covid-19, BBC's Children in Need will be raising money to support children's mental health and wellbeing. This is also a high priority for us as a school as we believe passionately in meeting children's needs, not just academically, but also spiritually, socially and emotionally.

We are proposing a donation of £1 or £2 for a non-uniform day on Friday 13th November. Children are welcome to wear spots, as is traditional, however as we are now in a second lock down any form of non-uniform is fine. The funds raised will then be passed directly to Children in Need.

Pudsey will be promoting 'Five to Thrive', which is the 5 Ways to Well-being that we promote at school. These can be found on the school website, under Our School - Positive Mental Health & Well-being. The 'Five to Thrive' include 'Be active' with Joe Wicks, 'Connect' with Dr Radha to talk about the importance of friendship, 'Take Notice' with Joe Wicks to talk about feelings, 'Be Curious' with the Blue Peter Team and 'Give' which is what we are doing for Children in Need.

Thank you in advance for your support.

Kind regards, Susie Betley
Deputy & Mental Health Lead

