

Chesterfield Primary School

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Headteacher: Zoe Hussain

Children in Need 2020

Dear parents,








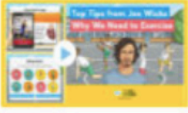


On **Friday 13th November**, we are celebrating and raising money for Children in Need.

After the stress and worry of the coronavirus pandemic, this year Children in Need are making children's mental wellbeing their number one priority. To support this great cause, we would like to invite children to come to school in **non-uniform** for the day. We are asking for a **donation of £1**, which will go towards supporting this worthy cause.

Throughout the week, the children at Chesterfield will be learning about the importance of wellbeing. Led by Joe Wicks, Dr Radha and Blue Peter, Five to Thrive is a unique programme of wellbeing activities. Inspired by the 5 Ways to Wellbeing, the programme is designed to help children feel better about themselves – as well as helping others.

You can also participate in the Five to Thrive appeal at home. Please see the link below for activities and videos.

<https://www.bbcchildreninneed.co.uk/schools/primary-school/five-to-thrive-hub/>

	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					

Thank you for your continued support,

Cristina Jordan

Deputy Headteacher

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Chief Executive Officer: Sarah Turner

Chesterfield Primary School is part of the Enfield Learning Trust.

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