

Charity Day

Friday 13th November 2020



BBC
**Children
in Need**

This year's theme is based around supporting children with their physical and mental well-being. A great priority, we're sure you'll agree. Joe Wicks is leading with 'Five to Thrive' - five different ways we can support children in school, and at home, with their well-being. Find out more here:

<https://www.bbcchildreninneed.co.uk/schools/primary-school/>

There are also ideas for things you can do at home – like baking!

Here is our plan for the week:

|  FIVE TO THRIVE  <i>weekly calendar</i> Each video is around 5 minutes long, so these are quick and fun activities to engage with! | | | | | |
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| | 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! |

On Friday 13th, children can:

Bring £1 and wear clothes to 'Get Active' in.

Tracksuit, trainers and jeans... things you already have at home.

We will be finding ways to be active and have fun in school as well as raising lots of money for a really great cause.

Please bring £1 to support charities that help to transform the lives of disadvantaged young people across the UK.



Woolmore
Primary School

And don't forget to look at Twitter to see how we are doing!

@WoolmoreTweets

Thank you for your support for others