

# MICKLEOVER PRIMARY SCHOOL

Vicarage Road, Mickleover, Derby DE3 0EY  
Telephone: (01332) 514052 Fax: (01332) 523860  
Headteacher Mrs Lynne Gerver





## BBC Children in Need 2020 November 9<sup>th</sup> - 13<sup>th</sup>

Dear Parents/Guardians,

This year, Children in Need are making children's mental wellbeing their number one priority – and they are bringing in some very special friends to help. Led by Joe Wicks, Dr Radha and Blue Peter, Five to Thrive is their unique programme of wellbeing activities for the Appeal Week.



Inspired by the 5 Ways to Wellbeing - it's designed to help children feel better about themselves – as well as helping others. Mickleover Primary School will be supporting Children in Need this year by following a 5 to thrive calendar as part of our curriculum during the appeal week. Your child will experience activities and videos linked to each of the 5 ways to Wellbeing.

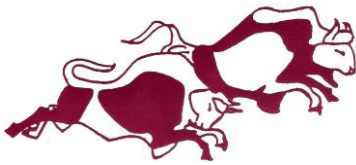
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ACTIVITY	Connect 	Take Notice 	Get Active 	Be Curious 	Give 

Message from Children in Need and Pudsey:

*"We know things have been difficult this year, but together, we really can make a huge difference in a time when it's needed most. Findings from our recent research show that the coronavirus pandemic is having a huge impact on the mental health and wellbeing of UK children, and for those who were already facing disadvantages, life has become incredibly difficult. Together, with your, help, we can support thousands of children and help change lives."*

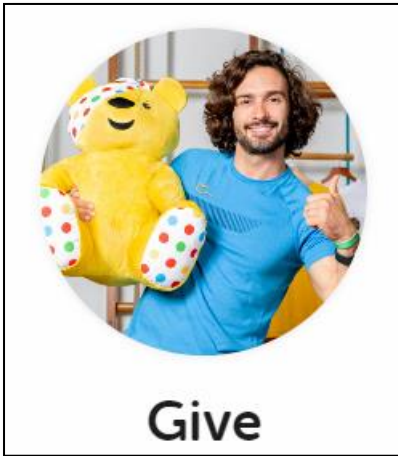
*£2 helps to buy materials for a play therapy session, for a child struggling with emotional wellbeing helping them to express their feelings.*





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Friday's 'Five to Thrive' is all about giving and how it makes you feel. When you do something kind for somebody else, not only does it make them feel better, it is good for your own wellbeing too!

**At MPS, we shall be having a non-uniform day. We are asking each family to donate £1 on this day (13<sup>th</sup> Nov).**

You can help us make a memorable event that raises as much money as possible.

Let us make a big difference to the lives of children across the UK.

Thank you for your continued support.

Mrs K. Halliday & MPS School Council

