



**Jewell Academy
Bournemouth**
an Aspirations Academy
Alex Waddington – Principal

Jewell Road, Townsend
Bournemouth, BH8 0LT
Tel: 01202 774 830
Email: office@jewell-aspirations.org
www.jewell-aspirations.org



Dear Parents and Guardians,

On **Friday 13th November**, the children will be taking part in a live energetic workout with Joe Wicks to raise money for this year's Children In Need appeal. **The children need to dress in sportswear**, ready to join in with Joe and thousands of other schools to raise as much money as possible for this very important cause.

With the current events being so challenging for everyone at the moment, BBC Children In Need are making children's mental wellbeing their number one priority this year. As a result of this, they have created a unique programme of wellbeing activities for primary age children which are led by Joe Wicks, Dr Radha and Blue Peter called Five to Thrive, which all of the children will also take part in throughout the whole week. Inspired by the 5 Ways to Wellbeing, they have created lots of content and resources designed to help children feel better about themselves – as well as helping others. The children will take part in short, daily activities in their classes each day.

For the Friday workout, we do ask for a voluntary contribution of £1 (or as much as you feel able to give) and our JustGiving page is the preferred method of donation if possible. If you are not able to donate online, money may be handed to the class teacher on the day. Please visit the following webpage to donate.

<https://www.justgiving.com/fundraising/jewellacademybournemouth>

There are also lots of fun activities and resources on the Children In Need webpage for things you can do to fundraise and support further at home too. To find out more, please visit: <https://www.bbcchildreninneed.co.uk/fundraising/more-ideas-and-resources/>.

Thank you for your support!

Kind regards,

Mrs Lincoln
School council co-ordinator



