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*Caring, Learning, Achieving.*

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25<sup>th</sup> January 2019

## Re: NSPCC, Feel Good February and Mental Health Awareness Week

Dear Parent/Carer,

As you know, the NSPCC visited our school last week and delivered their '**Speak out. Stay safe**' assembly to share information with your child about how they can keep themselves safe from harm and get help if they have any worries.

It was a very worthwhile and empowering session for both pupils and teachers. As a charity, they can only provide these vital resources thanks to the financial support and generosity of their supporters. That's why we're raising money to help the NSPCC's work in schools. We have decided to combine raising money for the NSPCC with our **Feel Good February Month**. This will tie in brilliantly with our focus this year on promoting good health and well-being.

We will be holding **15 minute activity sessions every morning the week beginning 4<sup>th</sup> February** which will not only be exciting for our pupils but will also mean they're raising money for the NSPCC's vital work *and* helping children to keep fit in our ever important drive to keep our school community fitter and healthier. These sessions will be run by The School Council, Mr Norris, teachers and coaches and will range from circuit type activities with a little bit of dancing thrown in for good measure. Children will be able to participate in their school uniforms. Children should wear trainers and bring school shoes for indoor use. Parents are welcome to join in too. Activities will begin at 8.40am each morning that week. We hope to do a feel good Friday activity every week after that.

Participation is purely voluntary but if you would like to support the NSPCC's work, it would be fantastic if you could give your child permission to take part by signing the sponsor form and return the sponsored event form and money raised to school by 11<sup>th</sup> February. If you have more than one child in school, simply put all your children's names at the top of one form. Every child who takes part in the activity will receive a special Buddy badge.

Along with our NSPCC activities, we will also be marking *Children's Mental Health Week (w/b 4<sup>th</sup> February)* by raising awareness of the importance of keeping fit and healthy, both physically and mentally. Mr Gratton will lead an assembly on Monday and each class will take part in an activity or skills workshop during the week.



As part of our Feel Good February initiatives we would also like children to participate in a fizz free February. Please make your pledge go to #gofizzfree or go to [www.cheshireeast.gov.uk/fizzfree](http://www.cheshireeast.gov.uk/fizzfree) to register your interest.

Let's make Feel Good Feb the fittest ever!

Yours sincerely



Nicola Daley

Deputy Headteacher, Designated Safeguarding Lead

Mr Norris

Headteacher and Feel-Good February Fitness Ambassador

