



15th October 2024

B B C **CHILDREN IN NEED**

Dear Parent/Carer

It's Children in Need on the 15th November and – as a school community – we think it's really important that we play our part in this national campaign. With a month to go we thought you'd like to know our plans.

Short read

- The theme of this year's campaign is 'Make Life Lighter for Children' and is focused around supporting young people who are struggling with their mental health.
- This is an issue that is very close to our school community's heart.
- We want to raise as much money as we can as a school to support the campaign.
- **Students are asked to bring a suggested donation of £1 if they can** (although we know and completely understand that this isn't easy for all families).
- Students are welcome to bring cash for cake sales, Children in Need merchandise or games throughout the day such as 'guess the name of the bear', 'guess the number of sweets in the jar' and 'bear pong'.
- There will be a virtual assembly for all students delivered by our student leaders.
- There will be a range of fun activities happening at lunchtime which students are welcome to join in with. These will be free of charge and aimed at boosting mood, morale and mental health.
- One lucky student will come home with a Giant Pudsey Bear. We can only apologise!
- Staff will be looking out for – and rewarding – students who go above and beyond to make life lighter for others, whether this be adults in school or their peers.

Longer read

Kindness is a value that we hold close to our hearts at Stokesley, and one that we speak to our students about – and reward them for - regularly. We know that our students are kind - we see it on a daily basis - and we know that they'll be looking forward to this opportunity to give to others (as well as eating cake!).

The theme of this year's campaign is 'Make Life Lighter for Children' and is focused on young peoples' mental health. Statistics show that, in the last 5 years, the likelihood of young people having a mental health issue has increased by 50% and that many of them are carrying trauma that they shouldn't have to deal with.

We know that this isn't something that we have magically escaped in Stokesley, either. Many of the young people that come through our classroom doors are struggling with their own mental health or looking for ways to support friends who are struggling. We take our responsibility to look after them and you – their families - incredibly seriously and to let them know that they're not alone.

That's why this year's campaign is so important to us, and why we want to raise as much money as we can as a school community to support young people across the country. It's amazing what a difference relatively small amounts of money can make. The ones that have stuck in our heads as we've been planning are:

- Just **£2** pays for a hygiene pack for a young person affected by poverty, providing basics like toothpaste and body wash to improve health and confidence.
- **£15** pays for a 1:1 support session for a young person affected by domestic abuse, helping them to talk through their feelings and build resilience.
- **£40** pays for online group sessions for 40 teenagers affected by social anxiety, helping them to build confidence, develop relationships and manage feelings.

To this end, we are going to try and raise both money and awareness in a number of different ways throughout the school day.

All students will attend a virtual assembly on the day's theme – Make Life Lighter for Children – during tutor time. **During this session, students will be asked to make a suggested donation of £1 to Children in Need** which will be collected by student leaders. Whilst students are welcome to bring more than this, we also appreciate that this donation will be difficult for some families to make and completely understand if you're unable to contribute at this time. Don't worry, we'll send a reminder on ClassCharts a couple of days before!

Students are also welcome to bring in some cash for several activities that will be happening over the course of the day.

- It wouldn't be Children in Need without a cake sale, and there will be cake sales in three locations during break time on this day! As well as buying cakes, students (and willing parents, grandparents, aunts and uncles) are welcome to bake for the day. All that we ask is that your cakes are nut free and that you provide us with a simple ingredients list. Cakes can be dropped off in the **LIFE** Hub on the morning.
- Students will have the opportunity to buy Children in Need pin badges or pens (£1 each), all of which will be able to be used both on, and after, the day.
- There will be a number of games that each cost 20p to enter: Guess the Name of the Bear, Guess the Number of Sweets in the Jar, Bear Pong to name a few, all of which will be happening at various locations around the school.

We want the day to be full of joy, so there will also be a number of free activities – run by our student leaders and some members of staff – that students can get involved with during break and lunchtime. These will be completely free and aimed at getting our young people smiling and having fun. After all, that's what being young is all about.

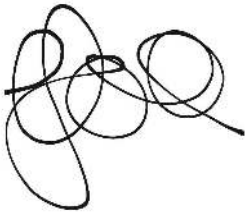
We will be using Children in Need as an opportunity to take the books that our PTFA and school community have collected down to Stokesley Primary School so that they can get them into their library.



We have been absolutely blown away by the contributions that you have made, and can't thank you enough for your generosity. The students at Stokesley Primary School really are very lucky!

Finally, we know that the issues that Children in Need are campaigning for this year are not ones that we can completely escape in our own school community. If you feel that you or your child needs additional support with their mental health or with coping with things that are going on in their lives outside school, then please – as always – don't hesitate to get in touch. We are a community and communities support one another. We are here for you just as we know that you are here for the school.

Kind regards

A handwritten signature in black ink, appearing to read 'Lizzi Fox', with several loops and a trailing end.

Lizzi Fox
Assistant Head for Personal Development

