



12th October 2017

Dear parents and carers,

This week in assemblies we have been looking at how happiness is linked to our wellbeing. The five steps to wellbeing are shown at the bottom of this letter and we concentrated on GIVE in our assemblies.

Elly Harvey came in to tell us about St Mary's Longfleet's support of another trip to support refugees still struggling in northern France. Since the camps have been broken up, the refugees are struggling to take care of themselves. The saucepans we sent earlier in the year are still being used but the needs have changed. Refugee Community Kitchen is a charity working to provide hot meals for over 2000 people every day. Elly is taking a group, including one of our former students, Tom Foot, to work with the group. They have requested that we send large quantities of two items to help with the massive meals they have to provide.

We are collecting coconut milk and tea bags. PLEASE can you send in any donations as soon as possible. The group leave over half term so we need to get it to them next Thursday 19th October. If it is easier to send in money please do so, in an envelope marked Refugee Donations. Any donations of coconut milk, tea and money can be brought to PS1 during registration and would be very gratefully received.

If you want to find out more please follow the link to see the video we have been showing clips of in school. It is called **Still Feeding The Need: Supporting Refugees in Calais**. <http://refugeecommunitykitchen.com/videos/>

I know that the group would value being covered by your prayers as they prepare and whilst they are there. We'll keep you posted on our Facebook and Twitter pages.

Yours sincerely

Laura Berry

PSHE Coordinator

