



Headteacher: Mrs J Callaway BA Hons QTS
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26th September 2019

Dear Parents/Carers,

YOUNG MINDS

AVALON AREOBICS-ATHON CHALLENGE
Friday 4th October 2019

Avalon is proud to work with and support a range of charities throughout the year and in particular those that help to benefit other children. This year we have decided that we would like to support the Young minds Charity. The charity is passionate about looking after young people's mental health and getting them early help when they need it.

It is proven that physical activity is very beneficial for positive mental health and well-being, so with this in mind and to help fundraise for this very important campaign, we would like the children from Nursery to Year 6 to join in with staff for a fun filled **Aerobics-athon** on Friday 4th October.

Children will need to come to school in their PE kit and we would also like to encourage everyone to wear something yellow, as the 'Hello Yellow' Young Minds campaign is to signify to children, that they are not alone with their mental health. Examples for yellow accessories could be socks, bow tie, hair accessory or even sweat bands!

Please help your child to gather as many sponsors as they can by completing our Aerobics-athon challenge (sponsor forms attached) and raise lots of money for the Young Minds charity.

Yours sincerely

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YOUNG Mi MINDS

Child's Name: _____

Class: _____

Name of Sponsor	Address	Sponsor Amount	Paid Yes/No

Aerobics-athon Challenge Completed: _____

Signed: _____

