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Dear Parents and Carers,

I hope this letter finds you and your family well during the challenging times we are all currently facing. Although difficult for us all, I personally am inspired by the many acts of human kindness and generosity we have seen recently including the 'Clap for Carers' Thursday evening events and the wonderful Captain Tom Moore who at the age of 99 has raised (at the time of writing this) over £13.4million for NHS charities!

I'm pleased to be able to share with you two exciting projects which you and your family could choose to join in with.

Run 5k for NHS

Together with several local schools, we are taking part in this challenge to not only help our physical and mental health but to also raise money for the Addenbrookes Charitable Trust. You can walk, run or cycle the set distance of 5 kilometres, taking a selfie of yourself as you do so. 'Tweet' your picture using #Run5kforNHS (remember to include @RackhamPrimary), complete the online submission form or email your entry to me at lcrawley@rackham.cambs.sch.uk. Please ask people to sponsor you for taking part, there is a Just Giving page set up at <https://www.justgiving.com/fundraising/5kforNHS>.

We're already over halfway towards the £1000 target but I know the families of Rackham can really help us surpass this! More details and the online submission form are available at <https://www.wvcpe.co.uk/run5kforNHS>. Thank you very much to Mr Pettifor from Witchford Village College for inviting us to take part.

Virtual Musical Ensemble

Cambridgeshire Music are launching a range of online musical projects, the first being a performance of the Hawaii 5-0 theme tune! It is open to everyone regardless of age, ability or instrument. There is full guidance and instrument parts available to download at <https://www.cambridgeshiremusic.org.uk/pages/about-us/news/come-and-join-the-fun-with-our-online-ensembles.html>. You can even use a saucepan and wooden spoon to create your own percussion section if you don't play an instrument! People are asked to record either a video or sound file of themselves playing their part and upload these by **Friday 24th April**. The final performance with everyone's contributions will then be shared by Cambridgeshire Music on their social media channels on Monday 27th April. Full details of how to submit your recording can be found on the link above. Do let us know if you're taking part, we'd love to see your photos or videos!

As always, thank you very much in advance for all your support with these projects.

Best wishes

Miss Crawley
PE & Music Co-ordinator

