

Thrunscoe Primary and Nursery Academy,
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8th May 2024

'Dress Happy' Fundraiser
Raising Money for CUDOX Community Counselling and Therapy
Friday 24th May 2024

Dear Parents/Carers,

Our annual Wellbeing Week will commence on Monday 20th May 2024. Throughout the week, we will be promoting the five ways to wellbeing:

1. **Connect with others**
2. **Be physically active**
3. **Take notice**
4. **Learn**
5. **Give**

At Thrunscoe Primary and Nursery Academy, we always strive to give back to the local community. This year, we would like to support CUDOX, a community counselling and therapy provider in North East Lincolnshire by holding a 'dress happy' day. **On Friday 24th May, pupils are invited to attend the academy dressed in something that makes them happy.** This could be their favourite colour, clothes that reflect their interests or something that simply feels nice to wear. Donations to support CUDOX can be made via School Money.

Further information about CUDOX can be found by visiting their website: <https://cudox.co.uk/>

Yours Sincerely

Mr K. Holness
Wellbeing and Personal Development Lead



2022-2025 Gold Level Achieved