



Friday 5th October 2018

Dear Parents and Carers,

Please help us to raise money for a defibrillator.

The School Council have decided to organise a variety of fund-raising activities this term, to purchase and install an Automated External Defibrillator. This life-saving piece of equipment will then be linked with the Ambulance Service and can be made available to anyone in the local area who calls 999 because of a cardiac emergency.

The School Council have decided to collate a 'Healthy Eating Recipe Book'. We would like to invite all of you to submit healthy family recipes for inclusion in our book. These might be 'healthy' for a range of reasons. For example, they are free from gluten, dairy, sugar etc or they are low in fat or high in fibre. For copyright reasons, please do not submit recipes copied directly from someone else's source, e.g. published book or blog. Please ensure your recipe has a title, list of ingredients, method and approximate number of servings. If you would like to include a short description of the recipe, why it is special to your family, serving suggestions or a photograph, these will add to the enjoyment of sharing our recipes.

Please submit your recipes (as many as you like!) by **Friday 9th November**. Digital copies should be emailed, with 'RECIPE' in the subject line, to office@alpington.norfolk.sch.uk. Hard copies can be delivered to the office and marked 'RECIPE'. All recipes included in the book will be credited to the person submitting them, so please give your name along with the recipes.

The School Council has also emailed requests to Norwich City Football Club, Kate Barmby (from Great British Bake Off 2016) and the Bishop of Norwich. If you can think of other local people who might like to contribute, please feel free to ask them or let us know. The recipes will be combined into a book and will be available to purchase in due course. All profits from the sale of the recipe books will be used by the school towards the purchase, installation and maintenance of a defibrillator. If you have any questions, please speak to Mrs Eland.

Each class has also decided to contribute to the fundraising in their own ways: Eagle Class will be giving a 'healthy' lecture, Owl Class will be making smoothies, Skylark Class will be holding a 'Sip a Soup, Save a Life' café where we will sell homemade soup, Kingfisher Class will be making fresh salad wraps for a 'Wrap Around Care' café, and Robins Class will be making fruit kebabs. Further details about each event will come home with your child in due course.

In addition to these class endeavours, the whole school will be taking part in a sponsored 'run' around the field during the week commencing 12th November (weather permitting). This is not a race, the intention is for all children to participate for as long as they can. All sponsorship money will go towards the defibrillator. **Please find attached a sponsor form for this event.**

We expect the children to travel around the field for the following minimum amounts of time, however, they may continue for longer if they wish. We also aim to see how far we could travel when all our laps are added together. Can we jog the distance between school and Norwich? From school to London? Or maybe further!

Year Group	Expected time
Reception	5 minutes
1	
2	7 minutes
3	10 minutes
4	
5	15 minutes
6	

If you are a UK taxpayer and are able to tick the Gift Aid box on the sponsor form, we will be able to reclaim 25p per £1 you give.

Thank you, in advance, for your support.

The School Council and Mrs Eland



Sponsorship and Gift Aid declaration form

(School use)
Time completed

Please sponsor me (name) _____

to jog around the school field as many times as I can, in aid of Alpington and Bergh Apton CE VA Primary School purchasing a defibrillator for community use.

If I have ticked the box headed 'Gift Aid? '✓'', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want Alpington and Bergh Apton CE VA Primary School to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax/or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the School will reclaim 25p of tax on every £1 that I have given.

Remember: You must provide your full name, home address, postcode & '✓' Gift Aid for the School to claim tax back on your donation.

Sponsor's full name (first name & surname)	Sponsor's <u>home address</u> (Only needed if you are Gift Aiding your donation. Don't give your work address if you are Gift Aiding your donation.)	Postcode	Sponsor amount per minute	Total Donation Amount £	Date paid	Gift Aid? '✓'
Total donations received						
Total Gift Aided Donations						
Date donations received by the School						