

## Session 13

Around school, you will hopefully have seen the 5 ways to wellbeing posters. These are 5 things we can do to help ourselves have positive wellbeing.



This week we are focusing on GIVE



In the last three months alone, our local food bank has supported 1,048 people across Hitchin, Letchworth and Baldock.



- Bring in something from the list required by the food bank on the 6th December.
- 2. Bring in a sanitary product to support Bloody Good Period.





## Things that are needed by the food bank:

Long Life Fruit Juice

**Dried Milk** 

Dried Potato (Instant Mash)

**Tinned Vegetables** 

**Tinned Potatoes** 

**Tinned Fruit** 

Tinned Rice/Custard

Tea Bags

Sponge Puddings

Jam/Marmalade

Toiletries

Deodorants

Christmas puddings

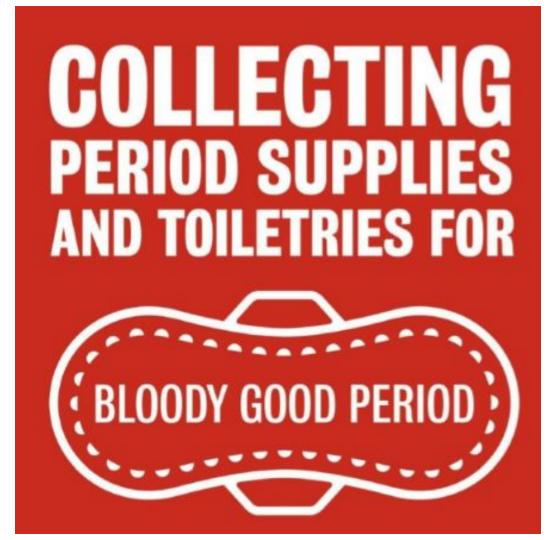
**Special Biscuits** 

Chocolates

**Christmas Sweets** 

**Christmas Cakes** 

## CRABTREE & EVELYN' LO DON



All food and period products MUST be brought to reception by registration on the 6th December.

