



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.

# HEALTHY SCHOOLS CHALLENGE:

1. 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*

A woman with her hair in a bun, wearing a dark blue short-sleeved button-down shirt, stands in an office environment. She is positioned in front of a large window with a grid pattern. Several green plants are visible, including one in a white pot on the left and a larger one in a blue pot on the right. The overall lighting is soft and indoor.

CRABTREE & EVELYN®  
L O N D O N

**COLLECTING  
PERIOD SUPPLIES  
AND TOILETRIES FOR**



**BLOODY GOOD PERIOD**

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



THANK YOU

