



*Dear Parents and Carers,*

**I am writing to tell you all about the Rainbow Run, a one day spectacular. The Rainbow Run will take place on Wednesday 12th July. The day will focus on one of the ways to wellbeing which is giving.**

**Participation in social and community life has attracted a lot of attention in the field of wellbeing research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy. Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.**

**On the day we will be taking part in a Rainbow Run raising money for different charities. Each year group has chosen a charity to run for. Year 5 will be running for St Leonards Hospice. Please could all children bring a white T Shirt into school at the start of the week. Children come to school in their PE kit and may wear colourful / festival accessories to add to the look. On this day children will decorate their T-shirts with positive messages about the chosen charity. Children may bring items from home to decorate their t-shirts if they wish, such as pens, sequins, textiles etc. They do not have to do this as felt tips will be provided though.**

**In the afternoon children will change into their T-shirts and take part in a 1km fun run. It is not a race - children can walk, run, dance, crawl or hop their way around the 1km course. There will be three Rainbow stations around the course as shown on the map where children will emerge a different colour to the one they started with the help of our "Colour Ninjas".**

**We will be selling festival accessories from the week beginning Monday 3rd July at morning break. A price list is included in your pack.**

**We hope you find all the information in the pack helpful and if you have any questions then please don't hesitate in speaking to your child's class teacher.**

**We are very excited about what will hopefully be a fabulous day.**

**Yours sincerely**

*Laura Winston*







ROUTE MAP



# MERCHANDISE



**Head Sweatband**  
**£1.50**



**Face Gems**  
**£2.00**



**Rainbow Tattoos**  
**50p**



**Rubber Wristband**  
**£1**



**Hair Extensions**  
**£1 Each (3 for £2.50)**



**Slap Bands**  
**£1.00**



**Fabric Wristband**  
**£1**



**Novelty glasses**  
**£2.50**



**Party Hats**  
**£1.50**



**Hair/Face Glitter**  
**£1**



**Heart Glasses**  
**£2.00**



**Sweatband**  
**£1.50**







# Y5 SPONSOR FORM

Name	Amount	Name	Amount

**In aid of  
St Leonards Hospice**

**St Leonard's  
Hospice**  
Caring for Local People

