

Harvest of Health Challenge

Harvest Festival – Friday 13th October 2017

Dear Children

When we found out that the staff at Airedale Hospital want to build a garden for the children's ward we couldn't resist offering our help! The doctors and nurses know that having access to a lovely garden filled with trees and plants is bound to make even their youngest patients feel better.



Some of you may have even spent time in the ward and know that they don't have much of a garden at the moment. We are here to help – after all we are learners who grow!



So here's an easy Harvest of Health Challenge for each and every one of you

It's really easy...

- Simply make **healthy choices** for two weeks and use the **tally chart** provided to record your success (*we love a bit of bonus maths!*)
 - We have given you **some ideas** to start with but you can also add your own (*we love a bit of bonus reading and thinking!*)
 - Put the collected money into the **money box** provided
 - You can **decorate** the money boxes with personal messages to children on the ward - maybe you can add trees, plants and flowers. (*We love a bit of bonus writing and art!*)
- Bring your collection back into school for **Harvest Festival on Friday 13th October** so that you can add the money you have collected to everyone else's. (*We love a lot of giving!*)



The garden is going to be amazing!

