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Dear Student

This last year has been extremely hard for everyone due to the unprecedented times with Covid 19. However, it is thanks to organisations like the NHS and research laboratories that we have various vaccines and treatments to reduce the chance of serious illness from the virus.

All Health and Social Care departments in the West Norfolk Academies Trust have teamed up with the Queen Elizabeth Hospital in King's Lynn. They informed us that at the height of the pandemic they had 220 Covid 19 inpatients in their care. After speaking to the hospital staff, this is just a few comments of what they had to say:-

'The last year has been incredibly difficult for all staff, from our nurses, midwives and allied health professionals, doctors and clinical teams, to our admin and vital support services.' Deputy Chief Nurse

'We have pulled together as one team and so many have gone above and beyond what we can reasonably expect, with an unwavering focus on delivering safe and compassionate care to our patients.' Deputy CEO

'The impact of the pressure of the pandemic on the psychological wellbeing of the staff has been immense. The traumatic exposure to supporting severe and critically ill patients has certainly taken its toll.' Sister on Tilney Ward

As a way of saying thank you to those front line workers, we are hoping to raise funds on an annual basis for the Queen Elizabeth Hospital. This year we want to raise money for the Covid 19 fund to help support the hospital staff and patients. Staff mentioned how important their wellbeing and mental health is to them and would appreciate some benches outside to allow them to refresh and try to relax during their breaks.

When faced with illnesses such as Covid 19 it is important that we all stay fit and healthy, and exercise is one way to do this. Exercise helps our body, our mind and our soul.

Therefore, all students and staff in the West Norfolk Academies Trust Schools and staff at the Queen Elizabeth Hospital are invited to take part in a Fun Run on Friday 9 July 2021.

We would like as many people as possible to take part, which could mean there will be over 5000 people all doing the run on the same day! We will calculate the number of kilometres run overall across all schools in the Trust. Our aim is for everyone join in and to raise at least £1 each.

So how can you get involved?

- Bring your PE kit on Friday 9 July 2021 and take part in the Big Fun Run.
- Discuss with family and friends how they have used The Queen Elizabeth Hospital and why they think it is important.
- Talk to family and friends about the last year and the impact it has had on you, them and your local community.
- Use this the link to get some sponsorship: <https://www.justgiving.com/fundraising/WNAT-Fun-Run>



We look forward to taking part in the Fun Run with you all on Friday 9 July 2021!

Yours sincerely

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Ms A Moat
Teacher of Health and Social Care