



15<sup>th</sup> June 2021

Dear Student and Parent/Carer,

This last year has been extremely hard for everyone. We have seen unprecedented times with Covid-19. However thanks to organisations like the NHS and those that research diseases, we are now being offered various vaccines and treatments to reduce the chances of serious illness from Covid-19. 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.

At some point in our lives we will all need to use a hospital, and this is likely to be our most local one, The Queen Elizabeth Hospital, in Kings Lynn. As the Health and Social Care and Physical Education Departments of WNAT we have teamed up with the Queen Elizabeth Hospital in Kings Lynn.

At the height of the pandemic the hospital had 220 COVID-19 inpatients in their care. When speaking to the hospital staff this is 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.'*

Edmund Tabay, 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.'*

Laura Skaife-Knight, 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.'*

Mia Elston, Sister Tilney Ward

We want to say thank you to those front line workers that were faced with Covid-19. To do this we are supporting the QEH annually. Any money raised this year will go to their COVID-19 fund to help support the hospital staff and patients. This year staff have mentioned how their wellbeing and mental health has been really important to them and would appreciate some benches outside to allow them to refresh during their breaks and try to relax.

To help celebrate the NHS and organisations such as this, The West Norfolk Academies Trust (Primary schools, High schools and staff) and the Hospital staff are all being invited to take part in a Fun Run on Friday 9th July 2021. We would like as many people as possible to participate, this means there will be over 5084 people all doing the Run on the same day! We will calculate the number of kilometres run overall across all the Trust. We would like each person to try to raise at least £1 each to do the Fun Run.

So how can you get involved?

- **Come in your PE kit on Friday 9th 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 for us to support them.
- 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 or the QR code to get some sponsorship:  
<https://www.justgiving.com/fundraising/WNAT-Fun-Run>



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

Kind regards

St Clements PE Department