



Dear Parents and Carers

APHS is once again participating in a Goodwill Advent Calendar. Your support for the last three years has been truly amazing and very much appreciated by the recipients of the donations. Last year we had over 600 items donated. I am hoping we can do the same, if not better this year. However, we recognise that this year has been challenging for us all.

Each day of the calendar has been allocated a gesture of good will. Two of the days involve asking for donations to a local homeless shelter and a local food bank. The school will be delivering any donated items to the charities in time for Christmas. My hope is that these good deeds will not only be positive contributions in the community but also promote self-esteem and random acts of kindness as well as teaching the children about unity and doing what's right. Kindness can cost nothing and I would like the students to feel the value of always being kinder than they need to be. I feel that focusing on acts of kindness during Advent will be a great learning experience and also spread some joy.

**I have asked the students to provide at least one item for each charity and a list is below of suitable items. Please feel free to donate as many items as you wish. These items can be brought into school at any time. There is no need to wait for the actual date on the calendar. The final date for donations to be brought into school will be Tuesday 14<sup>th</sup> December.**

**Our kindness mission statement:**

- *Spread the word – encourage other people to join in and become happiness heroes*
- *Have fun and enjoy making other people happy*
- *To be kinder than you need to be*

**Kings Lynn Food Bank: These are the main items they are in need of: However, please no baked beans, soup, nappies, pasta, sugar or lentils as they are inundated with these.**

Tinned fish	Squash	Small packets of biscuits
Tinned meat	Long life juice (small containers)	Fruit juice ( long life)
Tinned veg	Tinned rice	Tinned puddings
Pasta sauces	Shampoo	Jam
Small jars of coffee	Tinned meat	Deodorant
Tea bags	UHT Milk	Toilet roll /shower gel

We are part of...





**Alderman Peel  
High School**

**Alderman Peel High School**  
Market Lane, Wells-next-the-Sea  
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[www.wensumtrust.org.uk/aldermanpeel](http://www.wensumtrust.org.uk/aldermanpeel)

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**Purfleet Trust Homeless Shelter:**

They are asking for donations of **new** goods to give as Christmas gifts as they may be the only gifts their clients will receive this Christmas. The long winter evenings can be an anxious time and things like adult colouring books, craft activity sets and puzzle books or jigsaws can really help to promote mental wellbeing. They have more male clients than female at the moment.

Socks	Chocolates and sweets
Hats	Thermal t shirts
Gloves	Hairbrushes/combs
Scarfs	Toiletry gift sets
Underwear small/medium	Adult colouring and puzzle books
Jigsaw Puzzles	Craft activity sets (adults)

A very sincere and heartfelt thank you for your support in this. I wish you all a Merry Christmas and every best wish for 2022.

Mrs E Thornton

We are part of...



FOR CHILDREN, FAMILIES AND COMMUNITIES