

Well Schools Charity of the Year

Primary Schools

Help us lead the fight against chest, heart and stroke conditions for local people in Northern Ireland by raising vital funds, and we will visit your school to deliver a tailored, fun and interactive health and well-being programme.



**Fundraise
£2000**



**Fundraise
£1000**



**Fundraise
£500**

A bespoke 'Well' Day for school staff, including comprehensive health checks, Well Mind (stress management workshop), and wellbeing-focused team building exercises.

Whole school Hearty Challenge session and selected year group to receive healthy eating and physical activity workshops.

Promotional materials and resources to display around school during term activity.

Additional resources for teacher follow-up lessons, and take-home resources for pupils and parents.

Choice of Well Mind (stress management workshop) or Health Checks for Staff

Whole school Hearty Challenge session and selected year group to receive either a healthy eating or physical activity workshop.

Promotional materials and resources to display around school during partnership.

Additional resources for teacher follow-up lessons, and take-home resources for pupils and parents.

Interactive Well Talk for school staff.

Whole school Hearty Challenge session.

Fundraising ideas



For more information please contact:
schoolsfundraising@nichs.org.uk
or call: 02890 320 184