

YOUR EDUCATION NEWS



Pupils helped put the care packages together



Fia Knowles on the run

Fia's 5k challenge to help out zoo

A YOUNG girl who wants to save the world is starting with a mission to support Colchester Zoo.

Fia Knowles, 12, set herself a challenge during the Coronavirus lockdown to complete the Couch to 5k fitness programme and raise money for the zoo.

Despite having never been into running, Fia, a year 7 student at New Rickstones Academy, Witham, committed to the app - which gives a structured guide to progressing from walking to jogging and running - at the start of April.

As she reaches her goal, she has raised almost £300 which she is donating to the zoo, which has announced it is struggling to raise essential funds during the pandemic.

Fia said: "I love Colchester Zoo and have grown up visiting the animals there. The zoo is a very special and important place to me. I'm glad I could do something to support the animals I've come to know and love."

Her proud mum Limara Ford said: "Fia loves animals. She did an animal experience at the zoo at Christmas and was looking forward to doing another one for her birthday in November. When lockdown happened and she heard the zoo was struggling for funding, she wanted to do something to help."

"Fia's exercise normally is her walk to and from school. She is a homebody. During lockdown she has been doing her PE teacher's online fitness sessions, so she thought incorporating her daily exercise into the challenge was a good idea.

"I have tried the Couch to 5k challenge three times and not managed to complete it, so I am very proud of Fia. I think it is amazing that someone of her age is wanting to help others."

"This is her to a T, though. She has not done this because she wants recognition. She just wanted to raise money to help the animals."

"She is very much a humanitarian; she wants to save the world."

Damian Lee, executive head teacher at New Rickstones, said: "It's always great to see New Rickstones students thinking of others before themselves. Fia has certainly done that in donating to such a worthwhile cause."

"I'm immensely proud of how well she has committed to this challenge and look forward to discussing it with her when we return to school."

Support Fia at www.gofundme.com/f/kk5gdz-save-colchester-zoo or www.gofundme.com/f/sudb8n-help-save-colchester-zoo

Helping local carers with coffee, care packs, and children's colourful cards

THE Felsted School community has been providing care packages and support for local care homes, in response to the growing concern of loneliness among elderly residents who are missing friends and family visits due to the pandemic.

The packages included bags of Ugandan Safi Coffee, plus cards of support for residents and carers written by Felsted pupils, including some as young as three who are due to join the school in September.

So far the packages have been delivered to Glendale Care Home, Abbeyfield Care Home, and Bing Hall, in Felsted; Croft House Care Home in Dunmow; Manor Lodge in Chelmsford; and most recently to Broomfield Hospital in Chelmsford and the ICU Department at The Royal Free Hospital in Hampstead.

The effort included the school's Felsted Safi Ambassadors, who coordinate the Safi Coffee initiative,

which raises money to help educate children in Uganda.

Before lockdown they were working alongside local businesses and the Felsted Coffee Shop to increase sales of Safi Coffee and to raise awareness of the project.

Since lockdown they have been encouraging people to continue ordering the coffee online and have set up the option of gifting bags to members of the community most in need.

A representative from Abbeyfield Care Home said: "We are truly grateful, it is wonderful to be thought of by so many at this difficult time."

"All staff and residents are well and so far we have avoided the virus."

"There is such lovely support in the village and we are proud to be a part of it. Thank you Felsted School for remembering us, and for the joyful, colourful cards and delicious coffee."



Delivering the packages

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