

September 2026

Dear Parent/Carer

A Special Visit from Sir Kevin Sinfield - Wednesday 30 September 2026

We are writing further to the information provided to you last week regarding the exciting news that Sir Kevin Sinfield will be visiting Appleton Academy on Wednesday 30 September 2026 as part of his ongoing efforts to raise awareness and support for those affected by Motor Neurone Disease (MND).

Kevin's extraordinary commitment, determination and fundraising achievements have inspired millions of people across the country. His visit provides a wonderful opportunity for our students to reflect on the qualities that make someone a true hero and to learn more about the importance of compassion, resilience and supporting others.

Our Theme: What is a Hero?

Throughout the week, students across the Academy will be exploring the question what is a hero? This work will be inspired by the book *What Is a Hero?* co-written by Rob Burrow and Kevin Sinfield.

As part of this theme:

- In **PSHCE**, students will explore who our real-life heroes are and the qualities that make someone inspirational.
- In **English**, students will complete a range of writing activities linked to heroes and heroic acts.
- Our **assembly programme** will focus on understanding Motor Neurone Disease and celebrating the impact Kevin and Rob have had in raising awareness of the condition.

The 7 in 7 Challenge

To recognise Kevin's incredible fundraising challenges, our Year 7 students will take part in a special PE challenge throughout the week. During each PE lesson, students will walk or run approximately two miles, collectively and symbolically contributing their own support to Kevin's fundraising efforts.

Fundraising and Dress Code

We would like to support this important cause by asking students to make a minimum donation of 50p on the day of Kevin's arrival in school. Any additional contributions will be gratefully received but parents and carers are not required to make a donation in order for their child to take part.

To mark the occasion of Kevin's visit to school, students may choose to wear **one** of the following:

- Silly or colourful socks (in recognition of Kevin's campaign to sell 7,777 pairs of socks)
- A 7 in 7 rugby shirt
- Any other rugby shirt
- One item of their choice as part of a non-uniform addition

Please note that all other items worn by students must remain part of the normal school uniform and students must wear their school blazer.

Motivational Farewell to Kevin

At the end of Kevin's visit, we will be giving him a memorable Appleton Academy send-off. Our **cheer team, cadets and rugby players** will form a special 'motivational farewell' crew and will be positioned to wish him well on the next stage of his journey. Students will be able to hold banners displaying the hashtag **#SockIt**, helping to spread awareness of the campaign and show our support for those living with MND.

Parents and carers are welcome to come to school to watch Kevin and the team arrive and leave and support him with the challenge. There will be a cordon between the drop off car park and the footpath leading from the secondary doors to the main exit gate, which parents and carers cannot pass. This is to ensure that students have space for their farewell activities and safeguard their safety and to allow Kevin and his team to exit and commence the next phase of their challenge.

Please respect the cordon and the staff managing the school site on the day and ensure we provide a proper community welcome and goodbye. Please also remember to park responsibly and avoid causing any obstruction on the roads around school or to our neighbours. It is imperative that our activities do not impact on the highway outside school and that we also allow Kevin and the challenge team and vehicles to get to and from site in a safe and timely manner to ensure they remain on schedule.

Supporting an Important Cause

This visit presents a fantastic opportunity for our students to learn about courage, selflessness and perseverance while supporting a cause that has touched many lives. We are extremely proud to welcome Kevin to Appleton Academy and look forward to an inspiring day for all our students. For those of you who wish to support the challenge or donate, more information can be found via this link: <https://donate.giveasyoulive.com/fundraising/7-in-7-the-grand-finale>.

Thank you, as always, for your continued support.

Yours faithfully

Mrs Rachel Garlick
Head of Secondary