



Guidance notes for message to parents/carers

Thanks so much for putting Sport Relief 2020 in your diary. We're over the moon that you're joining Spot's sports day team and we can't wait to hear what you get up to.

We've drafted a note to parents and carers to help you get more people on board. Just fill in a few details on the note on the next page and off you go. You can send it by email, add it to your newsletter or print it out as a letter – it's entirely up to you.

If you'd like to include a bit more about Sport Relief and why it's so brilliant that your nursery is taking part, here are a few quick facts.

What is Sport Relief?

- Sport Relief is a fundraising event run by Comic Relief that harnesses the power of sport, both to raise money and transform lives.
- Comic Relief is a UK charity which aims to create a **just world free from poverty**.
- Last Sport Relief, schools and nurseries across the UK raised over £4 million to help vulnerable people here in the UK and in the world's poorest communities.

Why we're taking part

- Little ones learn valuable life skills and gain understanding and empathy for others in the world.
- It brings the whole nursery together to get active and have fun.
- Our nursery can make a real difference to people's lives.

Where the money goes

- **£1** could buy potentially life-saving anti-malarial drugs for a child in Uganda.
- **£5** could provide tea and biscuits for an activity club for people with dementia and their carers.
- **£20** could help a child in Kenya return to school after living on the streets.
- **£250** could provide childcare for a UK mum with postnatal depression so she can get 5 weeks' counselling and support.

Don't forget, there are other ways to spread the word. Download our **press release** to loop in local newspapers and use our **social media posts** to shout about it online.

Whatever you decide to do, we can't thank you enough for getting your kit on and getting involved. After all, we couldn't do it without wonderful people like you.



PASTE YOUR
NURSERY
LOGO HERE

Dear [NAME],

**Sport Relief
9-13 March 2020**

Sport Relief 2020 is just around the corner and, with a little help from Spot, we'll be getting active and having fun to change lives. To raise money, we're going to...

List the activities that you're planning, e.g.

- Hold a Spot-themed sports day
- Dress up in our sports kit for the day
- Set up a healthy snack stall

on [DATE] at [TIME]

[WHERE]

Add clear instructions here, explaining what you'd like parents/carers to do, e.g.
buy tickets to our sports day, donate to join in the fun,
dig out your little one's sports kit, or make (or buy) some tasty snacks.

The money we raise will be used to change countless lives, both here in the UK and worldwide.

In fact, if we raise £250, this could provide childcare for a UK mum with postnatal depression so she can get 5 weeks' counselling and support.

We'll also be using Sport Relief as an opportunity to teach our little ones about the lives of other children across the world, and how the money we raise can help.

We really appreciate your support and hope that you'll have fun helping us raise lots of money for Sport Relief.

Yours faithfully,

[NAME]