

GET SET FOR SPORT RELIEF

A handy guide for school councils

SPORT
RELIEF

IT'S GAME
ON
9-13 MARCH

HELLO TEACHERS

Sport Relief is back from 9 to 13 March and there are loads of ways to get active and have fun while raising life-changing cash. Hand this guide out to your students so they can get inspired to take on the issues they care about in the way that best suits them. You'll be the one handling all the funds they raise of course, but for now, over to the school council.

Before you hit the start line, take a look at our top tips for a brilliant day or week of events.

1

GET SPORT RELIEF IN THE DIARY

Sport Relief starts on Monday 9 March and builds to one big day of fun on Friday 13 March, when people of all ages across the UK will be getting their kit on to get moving and raise money. Get the dates into your school calendar and start thinking about what events you'd like to do throughout the week.

2

PICK A FUNDRAISING EVENT... OR TWO... OR THREE

You'll find loads of fundraising ideas at sportrelief.com/schools so pick your favourites or have a vote.

3

ROUND UP YOUR A TEAM

As well as your fellow school council members, recruit classmates, teachers and parents to help get organised.

4

DOWNLOAD EVERYTHING YOU NEED

From posters and bunting to sponsorship forms and social media stuff, you'll find loads of free downloads at sportrelief.com/schools

HOW YOUR MONEY COULD HELP

£5

could pay for a mosquito net to protect a child in Malawi from malaria while they sleep.

£10

could help a young man in the UK provide mentoring at school to a younger student in need of emotional support.

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SPREAD THE WORD

Announce your events in assembly, put up posters, share your plans on social media and send out emails. Don't forget to tell people what you're doing, where, when and how much it'll cost to join in. You'll find ready-made assemblies and posters online at sportrelief.com/schools

6

HAVE FUN

When Sport Relief finally arrives, don't forget to relax and enjoy yourself. After all your organising efforts, make the most of the opportunity to dress up, run about and have a lot of fun (in return for a donation, of course).

7

PAY IN THE MONEY

When all the hard work is done, you can chill out, count up the cash, and announce the grand total. Then ask your teacher to pay it in. They can find out how at sportrelief.com/schoolspayin

8

GIVE YOURSELVES AN ENORMOUS CHEER

We think you're amazing, your schoolmates think you're amazing, your teachers think you're amazing. You're clearly amazing. Well done. And don't forget to look out for a special message from our Sport Relief VIPs, to honour you and your efforts.

SPORT RELIEF IN NUMBERS

2002

The first Sport Relief

OVER
£4 MILLION

The amount schools
and nurseries raised
last Sport Relief

13.1
MILLION

The total number
of people helped since
last Sport Relief