

THE BIG RUN

Guidance notes for message to parents/ carers

Thank you SO much for registering your school for our Sport Relief Schools 'The Big Sport Relief Run' challenge!

We've drafted a note to parents to help you explain the challenge and how they can get involved. Just fill in a few details on the next page (including the link to your Sport Relief Just Giving page) and send it out however you like.

If you'd like to include a bit more about Sport Relief and why it's SO brilliant that you're taking part, here are a few quick facts that you could add in to the letter:

What is Sport Relief?

- Sport Relief is a fundraising event run by Comic Relief.
- Comic Relief is a UK charity which aims to create a just world free from poverty and injustice.
- At least 50% of the proceeds raised for Comic Relief through the Sport Relief campaign will be invested in Sport for Change projects in the UK and across the world, funding incredible partners like The Running Charity, Street Games and Peace Players.

Why we're taking part in the Sport Relief Schools 'The Big Sport Relief Run' challenge:

- Pupils gain an understanding and empathy for others in the world and learn that what they do can make a difference.
- It's a great way for children to be active and get outdoors
- We can be part of something bigger and join schools nationwide to achieve Sport Relief's goal of running a million miles this summer.

Where the money goes:

- **£5** could enable a young person to attend a group support session, so that they don't need to face their struggles alone.
- **£10** could provide a local sports session for a week for a young person, supporting them to feel healthier, safer and more successful.
- **£50** could cover the cost of hot meals for a young person at their local doorstep sport session / community centre all summer.

Thank you so much for helping us to feel good and do good this summer!

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Dear [NAME],

SPORT RELIEF 2025

This summer term [INSERT SCHOOL NAME] will join schools up and down the country to take part in **The BIG Sport Relief Run!**

Throughout the summer, we will be running, walking and moving in any way we can to raise money for Sport Relief and help incredible projects that support the mental health of those who need them most. By taking part, we're joining a nation of good sports, coming together to take care of our own, and each other's, mental health.

And we're going **BIG** - as a school, we are setting ourselves a target of moving [INSERT AMOUNT] miles this summer. This will go towards Sport Relief's goal of UK schools collectively moving a million miles.

We will be doing this by *(delete/add/amend as necessary)*:

- Running round the playground/school field every morning
- Running in our PE lessons / at a specific time [INSERT TIME]
- Encouraging pupils to walk to school and logging their distance
- Adding a lap of the playground/school field to the end of our Sport's Day celebrations.

Step up for Sport Relief this summer, to help support incredible projects that empower young people, combat isolation and build community.

(Delete as necessary):

- We have set up a JustGiving page and we'd be grateful if you could share this and gain sponsorship for your child.
- We have attached a sponsorship form for you to complete with your child.
- We will be collecting donations at our Sports Day/ on reception.

Let's use the power of sport to feel better, together. Thank you for your continued support - you are **BRILLIANT!**

Yours faithfully

[INSERT SCHOOL NAME HERE]