

SECONDARY FUNDRAISING GUIDE

GET ACTIVE • HAVE FUN • CHANGE LIVES



IT'S GAME
ON
9-13 MARCH

ON YOUR MARKS, GET SET...

Welcome to Team Sport Relief – we're thrilled to have you and your students on the squad.

Inside this pack you'll find everything you need to get warmed up for **9-13 March**.

We can't wait to hear about all your fun and games, so keep us up to speed **@comicreliefsch** using **#SportReliefSchools**.

Now all that's left to do is get on your marks and get set. It's game on.

GET STARTED

The big picture 04

RAISE MONEY

Fundraising ideas 06
Top tips 08
Fundraising legends 09
Sport Relief wristbands 10
JustGiving 10

FOR THE CLASSROOM

How your money helps 12
Learning resources 13

THE FINISHING TOUCHES

Ways to pay in 14
Posters, stickers and more 15

WIN - WIN - WIN

Win a visit from Double Olympic Champion gymnast **Max Whitlock MBE**, with thanks to our friends at Pearson and BTEC Sport.

Find out more and enter at sportrelief.com/max



ONLINE EXTRAS

Look out for this symbol throughout the pack. It'll point you to handy online extras to download at

SPORTRELIEF.COM/SECONDARYEXTRAS



THE BIG PICTURE



Since 2002, wonderful people like you have raised millions of pounds for Sport Relief and helped hundreds of thousands of people in the UK and overseas.

To learn more about Reece and watch a short film made for secondary schools, go to sportrelief.com/meet-reece



Sport Relief is all about using the amazing power of sport to raise life-changing money and take on some of the world's biggest issues.

In an unjust world there will always be poverty, but we focus our efforts on four areas:

- Tackling homelessness
- Protecting children's futures
- Fighting fear, violence and discrimination
- Championing mental health

So, whether you and your students take on homelessness with a hockey stick or mental health stigma with star jumps, it's time to lace up your boots, limber up and get a sweat going.

As well as raising money to support people in the UK and around the world, it's a great way to get your whole school active and having fun together.

Now you know what Sport Relief's all about, get out there and go for fundraising gold.



Five-time Paralympic gold medallist Ellie Simmonds



FUNDRAISING IDEAS

From dressing up and running a mile to taking on a whole-school challenge, there's a fundraising idea for everyone. So get your game face on and get out there.



ONLINE EXTRAS

Download more posters, activities and a ready-made assembly at [SPORTRELIEF.COM/SECONDARYEXTRAS](https://www.sportrelief.com/secondaryextras)

1

GET YOUR KIT ON

Join people of all ages across the UK on **Friday 13 March** and wear sports kit for the day in return for a small fee.

To up your game, ask students and staff to dress as their sporting heroes and heroines.

SHOUT ABOUT IT

Put up posters, announce it in assembly and send out an email reminder.

EFFORT LEVEL



2

SELL WRISTBANDS

With our **exclusive offer for schools**, you can get boxes of 20 for a deposit of just £6.50 per box.

Order yours at [sportrelief.com/wristbandsforschools](https://www.sportrelief.com/wristbandsforschools), then sell them to students and staff as a simple way to raise some cash.

SPREAD THE WORD

Send an email to parents and make sure everyone knows where and when you'll be selling wristbands.

EFFORT LEVEL



3

SPONSORED SERENITY

Strength is as much about mental resilience as physical power, so set up a calming lunchtime yoga session for students and teachers in return for donations or sponsorship.

MINDFUL RESOURCES

Go to [sportrelief.com/secondaryextras](https://www.sportrelief.com/secondaryextras) to download resources that will spark conversations about mental health.

EFFORT LEVEL



4

DO AN ANYTHING-ATHON

From dancing, skipping and swimming to keepie-uppies and conga lines, sign up sponsors or sell tickets and keep going for as long as possible. Don't forget to share your progress with us [@comicreliefsch](https://twitter.com/comicreliefsch) using [#SportReliefSchools](https://twitter.com/SportReliefSchools).

GET YOUR GIFT AID

Make sure your students use sponsorship forms and ask donors to tick the Gift Aid box so we get an extra 25%.

EFFORT LEVEL



5

TOURNAMENT TIME

Pick a sport and pit class against class or students against teachers in a week-long Sport Relief tournament.

Ask students to pay to play, and sell tickets to their friends, teachers and parents.

SIDELINE SNACK BAR

Sell snacks and drinks to supporters to top up your total. You'll find a few quick, easy recipes at [sportrelief.com/secondaryextras](https://www.sportrelief.com/secondaryextras)

EFFORT LEVEL



6

SPORT RELIEF MILE

Join thousands of schools across the UK and get sponsored to walk, run, hop, scoot or swim the Sport Relief Mile.

GO THE EXTRA MILE(S)

Follow in the footsteps of our intrepid celebrity team and cover a longer distance over the course of the week – in return for extra cash, of course.

EFFORT LEVEL



8 STEPS TO A FUNDRAISING PERSONAL BEST

1

SELL SPORT RELIEF WRISTBANDS

Kick-start your fundraising by selling wristbands. With our **exclusive offer for schools**, you can get boxes of 20 for a deposit of just £6.50 per box. Order yours at sportrelief.com/wristbandsforschools

2

SET UP A FUNDRAISING PAGE

Create a JustGiving page at fundraise.sportrelief.com/sign-up-school, then post it on social media, send it to parents and ask everyone to share, share, share.

4

SET A TARGET

Set an ambitious fundraising target then go for gold. Give each class a goal and award house points or prizes for the most money raised.

3

DO A CHEEKY SWEEPSTAKE

Raise a quick £32 with the sweepstake poster in this pack. Just pop it up in the staffroom and ask grown-ups to pay to take a punt.

5

SIGN UP THE SCHOOL COUNCIL

Download our free school council guide at sportrelief.com/secondaryextras and let your students run the show.

6

BRING IN LOCAL BUSINESSES

Use the letter template at sportrelief.com/secondaryextras to ask local businesses to donate prizes or match your fundraising.

8

SHOUT ABOUT IT

Share your plans with us [@comicreliefsch](https://twitter.com/comicreliefsch) using **#SportReliefSchools**, put up the posters in this pack and ask everyone to spread the word to round up a crowd (and lots of cash).

7

SEND AN EMAIL TO PARENTS

Share your plans and invite them along by filling in the gaps in our ready-written note. Download it at sportrelief.com/secondaryextras

PLAY BY THE RULES

Before you start, take a quick look at our list of dos and don'ts at sportrelief.com/dos-and-donts

FUNDRAISING LEGENDS

The effort and energy that schools put into fundraising never fails to astound us. Check out these sporting superstars from last time.



Whatever you do for Sport Relief, you're a winner in our book. We'd love to hear what you get up to, so share your Sport Relief story with us at stories@comicrelief.com

VALENCE SCHOOL

KENT

It was up, up and away for the students and teachers at Valence School, who went all out, dressing up as superheroes and decking out their wheelchairs in high-flying style for their Sport Relief Mile.

The first challenge of the day saw every year group working together to bring their amazing creations to life, with nothing more than cardboard, glue, tape and paint.

They then rolled out onto the start line and powered up for take-off, flanked by a motley crew of heroes from Hulk and Wonder Woman to a Power Ranger or two.

Alas, Dick Dastardly (who bore a striking resemblance to Mr Roberts) was a step ahead, setting up road blocks at every turn.

His devious detours didn't deter these wacky racers though and everyone flew over the finish line with a smile on their face.

TOTAL RAISED **£3,586**



SPORT RELIEF WRISTBANDS

Selling wristbands is a really easy way to raise money and show your support. With our **exclusive offer for schools**, you can get boxes of 20 for a deposit of just £6.50 per box.

Use the form at the back of this pack or go to sportrelief.com/wristbandsforschools to order yours.



Selling three boxes of wristbands could help get food to 120 children at a free school holiday club in the UK.



JustGiving™

It's never been easier for schools to raise money online.

1. Go to fundraise.sportrelief.com/sign-up-school
2. Click 'Fundraising at school?' and search for your school's name
3. Send your unique link to parents and teachers, and post it on social media
4. Sit back and wait for the donations to come rolling in



INJUSTICE, YOU'LL HAVE TO GET PAST US

Get your game face on and raise some life-changing cash.

Go to sportrelief.com/secondary for even more ideas and resources.

SPORT RELIEF IT'S GAME ON
9-13 MARCH

HOW YOUR MONEY HELPS

Please be aware that this story covers issues of mental health and suicide. If you or your students need support on these topics, please go to sportrelief.com/support

MEET REECE

UK

17-year-old Reece has had a tough few years. When he was 10, his dad left and he had to move to a different, tougher part of the city, leaving behind his friends, his school and his childhood home.

He was badly bullied at his new school and received anonymous text messages mocking him and encouraging him to kill himself.

For years, Reece kept his emotions bottled up and struggled on alone. He felt under pressure to be strong and didn't think he could trust anyone.

Thankfully, Reece discovered Virtually Minded, a project jointly funded by Sport Relief and the #iwill Fund. With their help, he started to speak out about his feelings and get the support he needed.

He's come a long way since he first joined the group and is now a mentor for other boys struggling to open up about their mental health.

Find out more at sportrelief.com/meet-reece

“

I want to inspire people, to tell them they're not alone and they've always got someone to speak to.

”

Reece



By fundraising for Sport Relief, you can help thousands of others like Reece and Grace, here in the UK and across the world.

MEET GRACE

MALAWI

15-year-old Grace lives in rural Malawi with her parents, brothers and sisters. She goes to school every day and enjoys reading science books. Her life could have been very different though.

For girls like Grace, childhood marriage is a very real possibility. In fact, one in ten girls in Malawi is married by the time they're 15, and teenage pregnancy means lots of girls drop out of school early.

Luckily though, in Grace's community, an innovative project called Girls Inspired is using the power of sport to give girls a better life. Funded by Sport Relief, the scheme combines playing netball with learning about their rights and the importance of education.

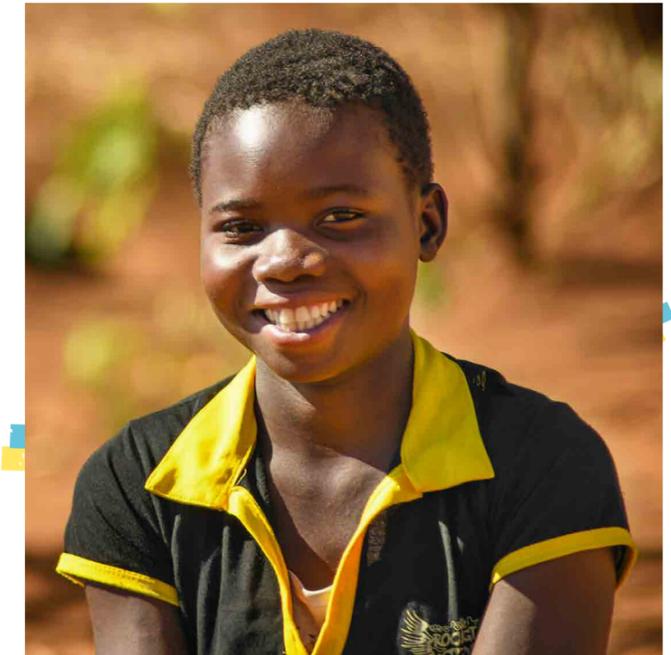
Grace never used to see the point of going to school, but now she looks forward to doing her homework. And scoring her next goal.

“

If it weren't for this project things might not have worked out for me. My greatest goal in life is to complete my education.

”

Grace



LEARNING RESOURCES

This Sport Relief we've created a set of curriculum-linked learning resources inspired by Reece's story, which:

- explore issues related to bullying and mental health
- focus on personal development, including resilience, confidence and independence
- link to the PSHE Association programme of study and the new Relationships and Sex Education (RSE) and Health Education curriculum
- have been designed for ease of delivery in PSHE lessons or tutor time
- help students see the real-life benefits of fundraising for Sport Relief.

SECONDARY FILM

Hear from Reece about how he was helped, in our short film made especially for secondary schools.



READY-MADE ASSEMBLY

Set the scene for Sport Relief with a few quick fundraising facts, as well as ideas to inspire everyone.

ACTIVITIES AND POSTERS

Download quick, easy tutor time activities, as well as learning posters and more.



Find all this and more at

[SPORTRELIEF.COM/SECONDARYEXTRAS](https://sportrelief.com/secondaryextras)

**SPORT
RELIEF**

WAYS TO PAY IN THE MONEY YOU RAISE

AN
EXTRA
25%

Send in your sponsorship
forms so we can claim
Gift Aid on the money
you raise.



ONLINE

Go to sportrelief.com/schoolspayin
and pay in your money in seconds with
a credit or debit card.

JustGiving



JUSTGIVING

Set up a JustGiving page at
fundraise.sportrelief.com/sign-up-school,
send round the link, then we'll take care of the rest.



AT A BANK

1. Fill in the **giro** on the letter in this pack.
2. Make **cheques** payable to
Sport Relief 2020 (Schools).
3. Take your **giro, cash and/or cheque(s)**
to any bank or building society.
4. Send your **paying-in receipt** and **sponsorship
form(s)** to us at **Sport Relief 2020 (Schools),
EY, PO Box 51543, London, SE1 2UG**.



BY POST

1. Fill in the **giro** on the letter in this pack.
2. Make **cheques** payable to
Sport Relief 2020 (Schools).
3. Send your **giro**, along with your **cheque(s)**
and **sponsorship form(s)** to us at
**Sport Relief 2020 (Schools),
EY, PO Box 51543, London, SE1 2UG**.

Send in your money by **Thursday
30 April** and you'll get your very
own Sport Relief 2020 certificate.

(Just so you know, they're lovingly designed and printed
for each school, but we'll get it to you as quickly as we can.)



ONLINE EXTRAS

You'll find loads more fun
stuff to download for free at

[SPORTRELIEF.COM/SECONDARYEXTRAS](https://sportrelief.com/secondaryextras)



WHAT GREAT SPORTS

Three cheers for the students
and staff at Brentside High School
for starring in this pack.

RESOURCES

WHAT'S INSIDE?

- Wristband order form
- Student sponsorship form
- Learning posters
- Event poster
- Thank you poster
- Staffroom sweepstake poster
- Stickers
- Money box
- Letter from Dame Jessica Ennis-Hill,
including your giro slip

SPORT
RELIEF **IT'S GAME
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GET IN TOUCH

Need ideas, inspiration or just a quick pre-match pep talk? Team Sport Relief are here to help. Drop us a line at schools@comicrelief.com or call **020 7820 2080**.



 Registered with
FUNDRAISING
REGULATOR

Sport Relief is an initiative of Comic Relief which is the trading name of Charity Projects, a registered charity in England and Wales (326568) and Scotland (SC039730).

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