

SJS/FM/AD2

5 March 2020

Dear Parents/Guardians

SPORT RELIEF 2020 - 9-13 MARCH 2020

The PE Department will be leading Sports Relief Week beginning Monday 9 March 2020 and culminating in the Sports Relief Mile on Friday 13 March 2020.

Sports Relief is a national event and half of the money raised by the public for Sport Relief will be spent in the UK. The other half will be spent in the world's most underprivileged communities. In the last two years, Sports Relief cash has helped to:

- **Support 13 million people across the UK and around the world**
- **Support over 74,000 people to access quality mental health services**
- **Raise over £2 million awarded to organisations improving living conditions in informal settlements across Africa**
- **Support over 134,000 people in the UK experiencing domestic abuse to access specialist services**
- **Raised over £18 million awarded to organisations tackling the threat of malaria across Africa and Asia.**
- **Raised over £4 million awarded to provide mental health support and challenge discrimination and stigma.**

In 2018 St John's School raised €1,099 to support these worthwhile causes; let's try and beat that target this year. Throughout Sports Relief Week, there will be a variety of events for students to participate in such as:

Challenges (Monday-Thursday)

Daily challenges at second break in the playground, (cost of 50 cent to have a go). Bring in your change and you could be the SJS champion!

Monday – Netball – How many goals can you score in a minute?

Tuesday – Hula-Hooping – Who can hoop the longest? How long? How many skips can you do in a minute?

Wednesday – Keepy Uppies – How long can you do it for?

Thursday – Basketball – How many baskets can you score in a minute?

If students have other ideas/suggestions they want to organise, please speak to a member of staff in the PE department and we will support you to make it happen.

Ninja Warrior

All week, (during PE lessons), Ninja Warrior will take place in the gym. Students are to pay €1. This gives admission to the course during the PE lesson. For all those students not wishing to take part, there will be an alternative PE lesson taking place. Who will be champion this year?



Sports-Themed non-uniform day (€2)

Pay €2 on Friday 13 and wear 'sporty red and white' civvies, fancy dress or sports kit (no jeans allowed).

St John's School Bake-off Competition (Friday)

Due to the success of the St John's Sports Relief Bake Off which took place during Sports Relief in 2016 and 2018, we have decided to do this again. In true Bake-off style, we will be holding our own cake baking competition. Staff, students and parents are encouraged to bring in a loaf or tray bake to enter the Bake Off competition (unfortunately, the entries cannot be baked in school). If you or your child is interested in entering the competition then please request a Bake Off sticker from Mrs Ellis which needs to be attached to the underside of your baked entry.

PRIZES: TROPHY and a stash of CHOCOLATE.

The competition will take place on Friday morning and will be judged in two categories by our very own baking stars: Miss Ellis, Miss Lea and Mrs Wolanski. You can choose to bake:

- **A loaf of your choice, e.g. banana loaf, ginger loaf, lemon drizzle loaf, etc**
- **A tray bake, e.g. brownies, flap jacks, millionaire shortbread, etc**

Have some fun by showing off your baking skills and be the best baker you can be!

All entries for the competition must be brought into school on Friday morning. Judging will take place at 0945hrs and all entries will then be used in the cake sale at first and second break. Students will need to bring in money on this day to buy slices of cake for €1 and all proceeds from the sale will go to Sports Relief.

Sports Relief Mile (Friday) - RUN OR WALK

This will take place during Period 5 on Friday 13 March and students can choose to get sponsored for this activity.

Certificates will be awarded in the assembly at the end of the day.

Please find attached a sponsorship form for the Sports Relief Mile. Please encourage your child to participate in these fun events and to collect sponsors and sponsorship money (in advance). **Students should hand in their sponsorship money at 0800 on Friday 13 March during tutor time.**

Should you have any questions relating to the PE programme for Sports Relief, please contact the PE Department.

Yours sincerely

Mr F Marsden and Mrs A Dakin