



The Run/Exercise 4 Rusuzumiro 2020

What you can do to take part?

Although many of us are still learning from home, we would still like our annual sponsored run to take place. However, we will be doing something slightly different this year.

This year, we are going to provide you with some options which will give everyone an opportunity to take part.

To take part, you can do one (or more) of the following activities:

- Go for a run in your local park or around your local area. You can set a target to run a certain distance or for a certain amount of time. You can track your distance or time using Strava, if you want to.
- If you have a trampoline, set a target of how many jumps you can do within a certain amount of time.
- You can take part in the 500 Exercise Challenge. For example, this can consist of: 100 sit-ups; 100 star jumps; 100 press-ups; 100 lunges and 100 squats.



When: You can do your activity any time during the week beginning Monday 15th June, 2020 up until Friday 19th June, 2020

Where: You can do your activity indoors or outside

Equipment: PE kit, sensible shoes for physical activity, water bottle (optional), stopwatch to record your time (optional)

Sponsorship: Family and friends can sponsor you for (a) the amount of time you do the activity for **or** (b) how many times you run around the park; jump on a trampoline; how many of the 500 Exercise Challenge you complete **or** (c) an overall amount for completing the activity.



What are we fundraising for this year?

- The money we raise this year will go towards two projects:
 - 1) Buying 20 tables and 100 chairs for the two SmartClassrooms (£1,500)
 - 2) Buying health insurance cards for 87 vulnerable families (457 people) to access primary health care for 12 months (£1,500).
- So, our total target this year is: **£3000.**
- Once the classrooms have furniture, the Rwandan government will provide 100 brand new computers to make the SmartClassrooms completely useable!

Coronavirus and Rwandan schools

- All the schools in Rwanda closed on 14th March 2020.
- As there are no computers yet at Rusuzumiro School, the children can't do any online learning. Instead, they have been encouraged to listen to lessons on the radio. Can you imagine what that would be like?
- It's quite difficult to just listen and learn without a teacher or any books.
- The Rwandan government has decided that schools will re-open in September this year.

Can you imagine how excited the children will be in September if we buy the ICT furniture and the computers arrive from the government? A whole new world of learning will be waiting for them!



How can I pay in my sponsorship money?

This year you can pay-in your donations online.

Collect all your sponsorship money in the normal way and ask your parents or carer to make one donation for the total amount by clicking the **“DONATE NOW”** button on the link below.

<https://uk.virginmoneygiving.com/charity-web/charity/displayCharityCampaignPage.action?charityCampaignUrl=ICTFURNITURE2020>

We look forward to seeing all the different ways you will run, jump, skip, hop or bounce 4 Rusuzumiro. Please post your photographs or videos in TEAMS in your class General Channel.

Thank you so much for everything you do - it makes a BIG difference to all the teachers and students at Rusuzumiro.

Margo Rodrigo and Alison Hawksley

