



STEP OUT FOR RIVERSIDE

'Step Out' in School

We would love you to encourage your pupils to join our campaign. Getting children outside and active is really important not just for their physical health but for their mental health too. 'Step Out for Riverside' is designed to be flexible. Our campaign provides an opportunity for pupils to set their own target at home or as an activity in your school or class. This could be part of a PE lesson or an additional activity in the school day.

Of course, it would be wonderful if your pupils were also able to raise some funds to support the work of Riverside if they can, but it is even more important that they find ways to help them look after their mental health and well-being. We hope that by taking part in this campaign will encourage them to take those important steps towards taking care of themselves.

Downloadable resources include a sponsorship form and a Step Out Tracker where pupils can set their own target and record their progress. If pupils are completing the challenge at home, we would encourage them to ask friends and family to make donations through our [fundraising page](#). Please ensure pupils are aware of all current Covid Guidelines.

As a school you can create your own fundraising page by scrolling down and clicking on the 'Start Fundraising' button.

You can make a donation by BACs transfer or as a cheque. For more information, please contact;

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