

Get Your School Involved in Sweat with Pride



Kia ora, future change-maker! 🌈💧 Want to bring Sweat with Pride to your school and get your classmates and teachers moving for a good cause? We love that! Here's how you can make it happen:

Get the Green Light

Before you start rallying the troops, you'll need approval from your school. Talk to a teacher, sports coordinator, or principal about why Sweat with Pride matters and how your school can get involved.

- ✨ Key points to mention:
Sweat with Pride raises money to support life-changing mental, physical, and sexual health services for Rainbow and Takatāpui communities.

It's a fun and inclusive way to promote movement and wellbeing for everyone.

Schools can take part in a way that works for them—PE classes, lunchtime activities, or a one-off school event!

Make It Easy for Your School to Say YES

Teachers and school leaders are busy, so come prepared with a simple plan. Here are some ways your school could get involved:

- 🏃 Class Challenges – Get each class or house group to commit to sweating for 21 minutes a day in June!
- 🎉 Lunchtime Sweat Sessions – Organize dance parties, yoga sessions, or friendly sports matches.
- 📅 One Big Sweat Event – Plan a fun run, obstacle course, or relay race to raise funds and awareness.
- 💻 Get Digital – Use school newsletters, social media, and assembly shout-outs to spread the word!

Gather Support

The more people on board, the bigger the impact! Ask your classmates, student leaders, and sports teams to help champion the cause. Maybe even get a teacher to be a Sweaty Betty with you!

Spread the Word

Use posters, morning announcements, and school emails to let everyone know how they can sign up and donate. Need materials? We've got social media graphics, posters, and email templates to help you out—just ask!

Fundraising Tips for Schools

- 💰 Gold Coin Entry – Charge a small fee for students to take part in events.
- 🍰 Bake Sale – Rainbow cupcakes, anyone?
- 🎭 Teacher Challenge – Get teachers to commit to a hilarious challenge if students reach a fundraising goal (like wearing a tutu for a day!)

Keep It Fun and Inclusive!

Not everyone loves running laps or doing burpees (fair enough!), so make sure there are lots of different ways to get involved—dancing, stretching, skipping, even a lunchtime TikTok challenge!

Celebrate Your Impact

At the end of June, shout out your school's achievements! Announce the total raised, highlight star participants, and remind everyone that their sweat helped fight discrimination and support Rainbow communities.

Ready to Get Started?

If you need extra resources, fundraising tips, or help convincing your school, reach out to the Sweat with Pride team—we're here to help! 💪🌈 Let's get those school halls sweaty for a cause!

