



Love Running Adventures Schools Programme



What?

- The Love Running Adventures school programme will be set up in primary schools allowing children to run "with" Nikki across Australia
- Over 100 schools from all over the UK, Ireland, and internationally in the USA and Australia, will be targeted to take part
- Nikki wants over 10,000 pupils to participate and run with her over the course of her adventure!
- Children will run a mile a day as part of a team and record their distances
- Team mileage is to be tracked on a map wall chart following the same route as Nikki!
- Children will also be given a booklet and encouraged to write about their goals and dreams, and about the "superpowers" that Nikki uses to help her accomplish her adventures

Why?

- Nikki is a huge believer in getting children active and encouraging them to think big and keep their dreams alive as they get older
- To show that working as part of a community (school team) and contributing a small amount (a mile a day) can lead to big things (running across Australia)!
- The Love Running Adventures school programme is designed to encourage activity in primary school children and show how this can help improve mental and physical health

NIKKI LOVE
RUNS

How?

- Nikki will be visiting and contacting schools in the build up to her adventure to discuss how they can be part of it
- Schools participating in the Love Running Adventures programme will receive, free of charge, a support pack of:
 - **A1 Wall Map of Australia, and the route, for the school to record progress**
 - **Booklet for every pupil to write about their goals and "superpowers"**
 - **Bookmark for every pupil highlighting the programmes messages**
 - **Progress stickers for reaching different stages of the adventure**
 - **Information leaflet to go home to all parents**
 - **Video messages from Nikki at key stages**
 - **Teachers programme notes, including how to use the materials and keep in touch with Nikki**
 - **Medal for all finishers! (this item will require a charge per pupil to cover cost)**