



JOIN A SCHOOL RACE FOR THE NRK TELETHON AND THE ATLAS ALLIANCE!

On Friday the 17th we will be arranging a school race for the entire school!

This year's telethon supports the Atlas Alliance and aims to open doors for people with disabilities living in war and poverty. Together, we will provide emergency aid, education, and the opportunity for a better life.

We want to give our pupils an opportunity to help others, and we hope that this will motivate our pupils before, during and after the race! The school will arrange other activities for children who are unable to run or walk for various reasons. The goal is to ensure that all pupils are included in the activity.

Before the school race:

Each pupil will be given a form (enclosed) to write down the names of their supporters and the amounts they want to donate. Supporters, such as parents, grandparents, aunts, uncles and neighbours, can choose which amount to pay for each lap the pupil runs.

Note that you do not need to return the form and neither the supporters nor the pupils will be identified in connection with payments.

During the school race:

The pupil walks/runs laps around the school grounds as many times as they can within a set time limit.

After the school race:

At the end of the race, pupils can let their supporters know how many laps they completed. Payments can be made via the school's Spleis, where payments are anonymous and cash-free. You can also see how much the school has raised in total on the same page.

Enter the details of the school's Spleis here: spleis.no/manglerud

Expected number of laps

In this table, we have entered an approximate estimate of the number of laps and how long the average pupil will run for.

Year	Running time	Estimated number of laps
Year 1-2	10 min.	10-12
Year 3-4	10 min.	10-15

Year	Running time	Estimated number of laps
Year 5-7	20 min.	10
Year 8-10	20 min.	10



I am participating to raise money for the NRK telethon for the Atlas Alliance!

Name of pupil: _____

Enter the names of your supporters and how much they want to donate per lap on the form. Supporters can donate via the website address in the bottom right corner. You can also keep track of the total amount raised by the school on the same page.

Good luck!

My supporters (names)	Donation per lap	Total NOK (after the race)
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
	TOTAL	=
The number of laps I ran:		
Your supporters can visit the following website to make a donation: spleis.no/manglerud		