

# **WELLNESS WEEK & WALK-A-THON**

## **October 15 – 18, 2018**

**What are Wellness Week and the Walk-A-Thon?** This is the PTO's biggest fundraiser. We don't want to sell magazines and wrapping paper. We want to work hard, be healthy, have fun and foster our sense of school community. We are asking parents, grandparents, friends and neighbors to support our students as they work hard for the PTO. Monday through Wednesday, children pledge to meet a number of daily Wellness Challenges (more info below). Thursday the 18th will be our Walk-A-Thon when children will walk for 30 minutes with their houses. This is a fun-filled and exciting day for the children to exercise and earn money for our school!

**Why should I support the PTO?** The PTO uses the money we raise to enrich the school experience for every Wyandot child. We provide resources for teachers and staff to improve their classrooms. We sponsor family activities and special school events. The PTO gives \$100 to every teacher to use at his or her discretion for classroom materials/activities/subscriptions etc. Additionally, teachers may request funds for extra materials to aid in their teaching. Already this year, we approved a Raz Kidz subscription for a 1<sup>st</sup> grade teacher. This year, we are bringing **both** COSI On Wheels **and** an author to Wyandot. (Normally, we sponsor only one or the other.) With the support from our generous Wyandot community we also provide funds for items and events such as:

- Outdoor Family Movie Nights
- Flexible seating in classrooms
- Mobile sound system
- 3<sup>rd</sup> grade symphony field trip
- Leveled readers for K - 5
- Field Day
- 5<sup>th</sup> grade celebration
- Muffins With Mom
- Donuts With Dad
- Reading bags for Kindergarteners
- Online educational subscriptions
- Leed's Farm

**Fundraising prizes:** Its DUNK THE PRINCIPAL time!! Mrs. Schwartz has volunteered to go into a dunk tank!! For every \$100 in donations a student brings in he/she will get 1 throw at the dunk tank. For every \$1000 a class donates as a whole, their teacher will get 1 throw at the dunk tank. This will be a fun and VERY entertaining reward the Friday after the Walk-A-Thon on October 26.

**How to participate:** Students explain our Walk-A-Thon event to friends and family and discuss why we are earning money for PTO. They ask for a donation for completing a number of Wellness Challenges (see page 3) and walking in the Walk-A-Thon.

# Pledge Form

Please return the lower portion with your donation(s) between October 9<sup>th</sup> and 18<sup>th</sup>.

If you prefer not to solicit donations from friends and family, please consider making a contribution on behalf of your child/children. Suggested donation of \$30 per family, but all donations are greatly appreciated.

**Out of town** supporters can now donate online at:

<https://www.wyandotelementarypto.org/donate-online.html>.

Due to online fees, we respectfully request local friends and families continue donating by cash or check.

For convenience please turn in ONE form and ONE check per family and list all children separately. The donations will be split evenly between the children unless otherwise indicated.

Please make all checks payable to **Wyandot Elementary PTO**

Wyandot Elementary PTO has 501(c)(3) status, so your donation may be tax deductible. Your cancelled check serves as your receipt, but PTO will issue additional receipts for amounts of \$250 and higher

**Thank you for your continued support! We look forward to a great week!**

*Walk-A-Thon co-chairs:*

*Lucy Andrews [lucytandrews@gmail.com](mailto:lucytandrews@gmail.com) & Colleen Walsh [colleen.r.walsh@gmail.com](mailto:colleen.r.walsh@gmail.com)*

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STUDENT NAMES	GRADE	TEACHER (If K, am or pm?)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Again,  thank you for your support to continue to make our school great!

# 's Wellness Challenges

During Wellness Week, I pledge to to meet at least \_\_\_ of these challenges and to walk 30 minutes in Thursday's Walk-A-Thon.

Walk, ride a bike or scooter to school	What is your favorite: Push Up or Sit Up? Do 10.	Make a card for your teacher instead of watching TV	Do 30 arm circles while singing Row Row Row Your Boat	Have a 1 song dance party with your family	Jump rope while counting backwards from 25
ZERO screen time for one day	Choose WHOLE grain instead of white bread	Avoid sweet treats for the ENTIRE day	Meditate for 5 minutes	Feeling upset? Take 5 deep breaths & think positively.	Learn a Yoga pose
Choose lean protein over red meat	Eat a fruit you've never tried before	See how long can you hula hoop.	Jog in place for 1 minute while making funny faces	Eat a vegetable you've never tried before	Take a walk after dinner with your family
20 Side To Side Jumps	EVERYONE at the table must put their phones away during a meal	Do some yard work with a grown up	20 heel taps on each heel	Choose water instead of sugary drinks for 1 day	Can you hold a plank for 15 sec? Count in your silliest voice
Cook a meal from scratch with an adult	10 high knees please	How much sodium is considered OK? Do you eat more or less?	Walk a dog (or a cat, or a rabbit, or a hamster...)	Go to sleep ON TIME	20 jumping jacks at the bus stop WITH the grown ups
Write a list of 5 things you can change to be healthier	Eat a vegetarian meal	Get a book about cooking or fitness from the library	Ask a grown up to teach you The Macarena	Vacuum / sweep your entire home	Teach a grown up how to do The Floss

Signed \_\_\_\_\_

Date \_\_\_\_\_

Please keep in your child's folder and initial items as accomplished.