

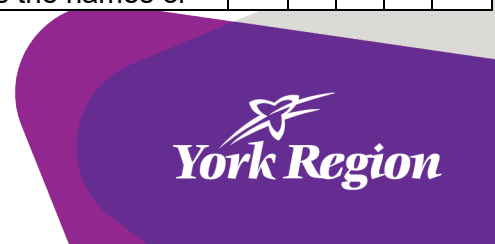
# Active Fundraisers, Celebrations and Rewards

## School-based interventions to facilitate active fundraisers, celebrations and rewards

Sample action plan activities	Curriculum, Teaching and Learning	School and Classroom Leadership	Student Engagement	Social and Physical Environment	Home, School and Community Partnerships
<p>Provide quality education and resources for teachers</p> <ul style="list-style-type: none"> <li>Inform teachers of resources that can help them relate lessons to current fundraising activities</li> <li>Book guest speakers that educate, encourage and/or involve physical activity (e.g., <a href="#">Esteem Team Olympian Speaker</a>)</li> <li>Suggest ways that teachers can celebrate physical activity in their classroom (i.e. allow students to share the types of activities they participate in with their class)</li> <li>Organize school-wide celebrations that involve physical activity education and skills development (e.g., <a href="#">Junglesport</a>)</li> <li>Use incentives that reinforce healthy school messages, including items that promote physical activity, such as bike reflectors, ear buds, flying discs (soft Frisbees) or water bottles, for kickoffs, launches, or events</li> </ul>	X				
<p>Support active charity fundraising</p> <ul style="list-style-type: none"> <li><a href="#">Jump Rope for Heart</a></li> <li><a href="#">The Terry Fox National School Run</a></li> <li><a href="#">Big Bike for Heart</a></li> <li><a href="#">Girls Inc. York Region</a></li> <li><a href="#">Kidsport Canada</a></li> </ul> <p>Participate in active celebrations and rewards</p> <ul style="list-style-type: none"> <li><a href="#">JiggiJump Educational Program</a></li> <li><a href="#">Kidzbop Music Shop</a></li> <li><a href="#">Experience Groove</a></li> <li><a href="#">Curling Canada Rocks and Rings Program</a></li> <li>Big ticket raffles - consider a bike and helmet (appropriate for age) or other sports and safety gear to promote physical activity</li> </ul>		X	X		X
<p>Create a healthy physical environment for active fundraisers, celebrations and rewards</p> <ul style="list-style-type: none"> <li>Raise funds, canvass for donations or redeem points or prizes for items or activities that will increase physical activity</li> <li>Offer rewards (e.g., stickers, Frisbees, etc.) or make recognition items (i.e. feet shaped certificates, stamp collection cards, etc.) and determine how they can be used to encourage physical activity</li> <li>Create a space for active recognition (e.g., a bulletin board that posts the names or</li> </ul>				X	X

### Public Health

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<p>pictures of students/staff caught being active)</p> <ul style="list-style-type: none"> <li>• Work with the library to highlight books that have positive physical activity messages (i.e. Active Minds Active Bodies Reading List)</li> </ul>					
<p>Create a supportive social environment for active fundraisers, celebrations and rewards</p> <ul style="list-style-type: none"> <li>• Consider the physical activity needs of the school community and investigate potential opportunities for support (e.g., <a href="#">OPHEA's Funding Opportunities Supporting Healthy Schools in Ontario</a>)</li> <li>• Implement active school fundraisers, such as pledge-based events (e.g., dance-a-thons or walk-a-thons); charge for an active event (e.g., pool party, bowling or a guided community hike)</li> <li>• Research games to activate indoor recess</li> <li>• Remind teachers to use classroom rewards such as time for active games, a stretch break, or a walk</li> <li>• Use rewards that encourage physical activity for any occasion (i.e. sports store gift certificates, swim passes, etc.)</li> <li>• Help classes celebrate active excursions by promoting more active field trips options (e.g., Ontario's Field Trip Planner)</li> <li>• Start a "Gotcha Club" that rewards individuals caught being active</li> </ul>			X	X	X
<p>Promote community involvement</p> <ul style="list-style-type: none"> <li>• Inform parents, staff and school council of the importance and benefits of active fundraisers</li> <li>• Promote volunteer opportunities that will increase community access to recreational facilities, parks, trails, etc. (e.g., <a href="#">Earth Day Event</a>)</li> <li>• Increase physical activity opportunities for the school community through fundraising or a charity event (e.g., organize prize draw for items that encourage physical activity, such as a bike, bike racks or recess equipment bins, or host a used sport equipment garage sale or swap)</li> <li>• Involve parents by sharing information, activity ideas, games and rewards ideas</li> </ul>				X	X
<p>Empower student leadership</p> <ul style="list-style-type: none"> <li>• Ask students to brainstorm and investigate activity ideas</li> <li>• Encourage leaders to engage other students and communicate key messages</li> <li>• Ask students about activities and ideas that interest them and how they could get involved in active fundraisers</li> <li>• Encourage student participation in other informal learning opportunities related to fundraising activities (e.g. door decorating challenge, creating a display board)</li> </ul>		X	X		
<p>Safety First! Remember that safety is the most important message when promoting physical activity— use the Safety First posters and get your school to pledge to be safe</p>			X	X	