

St. Germaine Catholic School's 10th Annual Fun Run Monday, April 30, 2018

What is a Fun Run? A Fun Run is very similar to a walk/jog/run-a-thon in which children walk, jog, jump rope or run to raise money for their school. Like other fundraising marathons, Fun Runs reinforce healthy habits of exercise in children while they have fun and help their school. **Statistics show that participating in an annual Fun Run can prompt children to participate in similar events when they become adults, thus creating healthy habits that last a life time.** Fun Runs are not races, and there are no winners or losers. We encourage a healthy level of competition to raise school spirit and motivate students, but above all else we strive to always maintain a healthy, positive, uplifting, and nurturing environment.

Community Support! Supporters can choose to make small or large flat donations i.e. \$5, \$10 + to support the student and St. Germaine Catholic School OR have some fun and pledge your student per lap around the gym or per jump on the jump rope or per minute of movement (up to a certain amount), which will offer them incentive to persevere and do as much as they possibly can.

How long do students exercise? Each grade comes to the event for 20 – 30 minutes depending on their age. This includes a warm up time, a form of exercise (relay races, jump roping, running or walking) and cool down with snack time (healthy, of course!). Students will see a demonstration on how to make a nutritional smoothie and each participant will get to sample one.

Safety First! We will have a First Aid Kit on hand.

What if a student does not turn in pledges? All are encouraged to do so to benefit our school, but ALL STUDENTS PARTICIPATE in the Fun Run event, regardless of their pledge efforts. All students will receive a snack and students leave with a winning feeling regardless of how much money they were able to collect.