



## RCO is Supporting this Fundraiser for



# MOVE FOR KIDS' SAKE

WHAT'S YOUR NEXT MOVE?



RCO has formed a Team to participate in this year's BBBS Fundraising Event.

We used to support them by taking part in their Bowl for Kids Sake event, but the pandemic has again cancelled that this year. And, replaced it with this fundraiser.

Our Club has donated \$500 to start things off, and now, the Board is asking all Members to donate to support our Team effort.

We will not have an organized walk, or event, but each member can "move" however they would like once their donation is made.

*To donate, go to:*

<https://www.canadahelps.org/s/nm5AS8>

## **Background Information from BBBS Dufferin**

### **ABOUT MOVE FOR KIDS' SAKE**

Welcome to Move for Kids' Sake. We hope you will join us and get moving to support mental health for young people in our community.

Back again this year is the challenge to get moving as an individual, with a group of friends or as part of your organization. Participants will challenge themselves (and each other) to be active and in doing so raise pledges in support of young people in Dufferin County.

### **WHY WE NEED YOUR HELP!**

Now more than ever it is so important that we protect and support meaningful mentoring relationship for young people. We are committed to continuing our work and finding new ways to deliver life changing, developmental relationships that foster resilience in the face of adversity. We know that exposure at a young age to adversities like trauma, mental health, abuse and loss of a parent can negatively affect the developing brains and bodies of children and youth. Safe and caring relationships are a powerful force in combating these negative effects. This is why Big Brothers Big Sisters is working hard to keep vital mentoring programs available for the young people in our community.

By participating in our Move for Kids' Sake event, or by sponsoring a participant, you will be helping to provide mentoring and supportive relationships for children and youth to support their mental health

### **WHEN IS MOVE FOR KIDS SAKE?**

From February 16th until March 31<sup>st</sup>.

### **SO LET'S GET A MOVE ON! JUST 5 EASY STEPS!**

#### **1. SIGN UP**

Our Team has been set up - "The Rotary Club of Orangeville"

#### **2. SET YOUR GOAL**

If you need to do is select your favourite way to stay active. Need some inspiration? Take a look at the Move for Kids' Sake ideas below.

#### **3. RAISE PLEDGES FOR A GREAT CAUSE**

Tell all your friends, family or co-workers about your challenge! They will have until March 31st to contribute.

#### **4. BRAG ABOUT IT!**

You're welcome to post a picture or share a video of your Move for Kids' Sake journey. Don't forget to tag us on social media and use the hashtag #MoveForKidsSake so we can share your impact! You can also email us photos of your journey as we'd love to share your progress on social media!

#### **5. COMPLETE YOUR ACTIVITY**

How you complete your activity is up to you! Complete each time you receive a donation, once a week or before the final event day on March 31st.

### **NEED SOME INSPIRATION? MOVE FOR KIDS' SAKE IDEAS**

#### **FOR THE DOG OWNER:**

I commit to walking my dog 1 km for every \$10 I raise.

#### **FOR THE PUSH UP KING:**

I commit to doing one push-up for every \$1 I raise.

#### **FOR THE BURPEE LOVER:**

I commit to doing one burpee for every \$1 I raise.

#### **FOR THE DANCING QUEEN:**

I will commit to dancing for 1 minute for every \$1 I raise.

#### **FOR THE PELOTON COUPLE:**

We commit to riding 1 minute for every \$1 we raise.

#### **FOR THE JUMPING JACK FAMILY:**

We commit to doing 1 jumping jack for every \$1 we raise.

#### **FOR THE DREAM TEAMS:**

We will walk/run 1km for every \$10 we raise (while maintaining social distance)!

#### **FOR THE MUSICIANS:**

I will commit to playing an instrument for 1 minute for every \$1 I raise.

#### **FOR THE ARTISTS:**

I will paint 1 rock for every \$5 I raise and put these along the paths my neighbours visit frequently for their walks.

#### **Please note:**

All donors will automatically receive their tax receipt within minutes of their donation.