



Dear Parents,

The 2014-2015 PTO is pleased to announce that our Fall Fitness Day will be held on **Friday, November 14th**, 8:00 - 11:30 a.m. on the Sanctuary Lawn and Parish Hall playground. This event will be our only major PTO fundraiser for the school year.

Fall Fitness Day t-shirts will be given to each child and adult volunteer to be worn at the event. Everyone should wear comfortable clothing suitable for outdoor activity and covered athletic shoes. In addition, we will be giving colored bandanas to each class. On the day of the event, please dress your child in their Fall Fitness Day t-shirt and class bandana.

Our goal is to raise **\$19,000**. All money raised will go to the PTO's general fund to support our annual events, such as the Family Picnic, Parent Workday, Pumpkin Patch, Snow Day, Spring Event, and the End-of-Year Event. The general fund also supports the Teacher Appreciation Luncheon, yearbooks, and supplies for the playground and classrooms. We are asking that each child try to raise donations totaling at least **\$100**. You can either donate by cash/check in the enclosed envelope or online at our Fall Fitness Day website: <https://cucp.ejoinme.org/fallfitness2014>. Please remember that 100% of your sponsorship donation is tax-deductible. Please turn in your donations by **Friday, November 7th**.

We will be having a competition between classes in the following categories:

1. Highest average donation amount
2. First class to return all sponsorship envelopes

Winning classes will be awarded special class parties. Individual prizes will also be awarded to the top 3 students bringing in the highest sponsorship amounts. The top prize will be an iPad mini!

CUPS students are sponsored by family and friends to run, jump, skip, dance, crawl, and pose through a series of fitness stations designed to encourage fitness and promote fun. The children will participate in a 5-station circuit, including: (1) Zumba (warm-up), (2) Obstacle Course, (3) Relay Games with a Water and Misting break, (4) Ball Activities, and (5) Yoga (cool-down).

Each class will be accompanied by their teachers and four class chaperones. Others may observe from designated viewing areas, but for comfort and safety reasons, only parents who have volunteered to be class chaperones or event volunteers will be allowed on the field during the fitness activities. You can sign-up to help on the sheet in your classroom.



All donations made for this event are tax-deductible. Corporate and Individual Sponsors are also welcome. Please see attached form for Sponsorship details.

All-Star Fitness Day Sponsorship Levels	
Gold Star Sponsor	\$500 and more
Silver Star Sponsor	\$300 and more
Bronze Star Sponsor	\$200 and more
All-Star Sponsor	less than \$200

Tentative Schedule:

Room #	Pick-up Time	Zumba	Obstacle Course	Relay Games	Ball/ Beanbag	Yoga	Picture
11	8:20	8:30-8:38	8:40-8:48	8:50-8:58	9:00-9:08	9:10-9:18	9:20-9:28
10	8:30	8:40-8:48	8:50-8:58	9:00-9:08	9:10-9:18	9:20-9:28	9:30-9:38
OC	8:40	8:50-8:58	9:00-9:08	9:10-9:18	9:20-9:28	9:30-9:38	9:40-9:48
BC	8:50	9:00-9:08	9:10-9:18	9:20-9:28	9:30-9:38	9:40-9:48	9:50-9:58
5	9:00	9:10-9:18	9:20-9:28	9:30-9:38	9:40-9:48	9:50-9:58	10:00-10:08
6	9:10	9:20-9:28	9:30-9:38	9:40-9:48	9:50-9:58	10:00-10:08	10:10-10:18
7	9:20	9:30-9:38	9:40-9:48	9:50-9:58	10:00-10:08	10:10-10:18	10:20-10:28
8	9:30	9:40-9:48	9:50-9:58	10:00-10:08	10:10-10:18	10:20-10:28	10:30-10:38
9	9:40	9:50-9:58	10:00-10:08	10:10-10:18	10:20-10:28	10:30-10:38	10:40-10:48

(Times are approximate - we will do our best to keep the event on schedule.)

After the event, the children will be provided with refreshments. The children will receive medals and certificates commemorating the event. They will also have their class pictures taken before returning to the classroom.

Thank you for your support – we look forward to a fantastic Fall Fitness Day!

Maura O'Donnell (Malia, Room 7), 354-1955 or maura.odonnell2@gmail.com

Mari Shiraishi (Luke, Room 10), 285-0522 or marishiraishi@gmail.com