



It's time for something NEW!

ATTENTION Ronald Reagan Families!

Today was the official start of our 2020 health. moves. minds.™ program and school fundraiser. This new program focuses on educating students that taking care of their body AND their mind, as well as being kind to others, helps them to live their best and healthiest life. To kick-off the start of our program today, all of our Reagan Eagles participated in a truly inspirational disABILITY awareness program that was led by TED talk presenter Damian Buchman, the founder of the Adaptive Scholastic Athletic Program (ASAP). Damian gave students a “new pair of shoes” - allowing everyBODY a first hand experience that regardless of "ABILITY" - everyBODY is capABLE. Be sure to ask your child about their experience! If you would like some more information on Damian here are some links to check out: Damian's website <https://tacwi.org/> , Damian's TED talk <https://youtu.be/lkA-Y1CnDSI> , Damian's #RampUp Wisconsin Avenue Park <https://tacwi.org/americas-most-inclusive-park> .

As part of the health. moves. minds.™ program, we are raising money to help create a more active and healthy environment in our school, which will ultimately help our students physically, emotionally, socially, and academically. Our school has also decided to spread our kindness as part of our #ReaganGivesBack initiative by sharing 25% of the money we raise to support Damian Buchman's #RampUp Wisconsin Avenue Park, located nearby in Wauwatosa. The funds donated will help to build "America's most inclusive park". This park will be a play and recreation space for people of ALL ages and abilities.

In addition, a portion of the proceeds will also be used to develop essential teacher resources — and advocate for health and physical education at the state and national levels.

At the end of the health. moves. minds.™ program and fundraiser, all students will get to participate in a week long ninja challenge course during their physical education classes February 10-14, 2020 as a way to celebrate our healthy bodies, healthy minds, and the kindness we have spread out into our community.

Our school has pledged to make the world a kinder place — will you support our efforts? Please join our movement by registering your student online and making a donation today to help our school and our charity partner. All donations are to be made online only please. See the directions on the other side of this paper for how to register, donate, share, and spread the kindness for #ReaganGivesBack.

If you have any questions please email Katie.Mulloy@nbexcellence.org

health.moves.minds.

Quick Start: Participant/ Guardian Online Sign-Up

- 1 Find your child's school and sign up:** Go to healthmovesminds.org and click "Register" then "Join a Team." Type in your school name. When you see your school, click "Sign Up" under your school's name.
- 2 Create your login:** If you've never fundraised with us before you will be asked to create an account through our fundraising vendor, Classy. You'll be able to use this login for all SHAPE America fundraising events, so choose a username and password that you'll remember. Just to be sure, write it down and tuck it away in a safe place.
- 3 Fill out the registration form:** The site will ask you to enter basic contact information and your child's T-shirt size, then set your fundraising goal.
- 4 Review and complete the waiver:** You will be asked to read and accept a waiver on behalf of your child.
- 5 Now the fun begins!** Your fundraising page is ready. You and your child can personalize your page, add photos, check your school's progress, and share your cause with family and friends through email and social media.

It's cool to be kind and raise online!

Get a special health.moves.minds. t-shirt when
you register online and raise \$25!

