



# health.moves.minds.™

ATTENTION Ronald Reagan Families!

Today is the official start of our 2021 health. moves. minds.™ (HMM) school fundraiser! This national program was developed by SHAPE America - Society of Health and Physical Educators.

The lessons and activities in this program are taught primarily in physical education classes and students are learning how to take care of their mind and body, while also developing important character traits such as kindness and empathy. Teaching students these real life skills now will have a positive impact on their physical and mental health for years to come. To celebrate all that students have learned, we will be having our culminating HMM Obstacle course during PE classes from May 3rd-7th.

As part of this program, we are raising money to help create a more active and healthy school environment, which will ultimately help our students physically, emotionally, socially, and academically. Our school has also decided to “pay it forward” through our #ReaganGivesBack initiative by sharing part of the money we raise with a local charity: **Lucky Mutts Rescue**.

*Lucky Mutts is a not-for-profit, volunteer run dog rescue in Milwaukee with a mission to save dogs of all ages and find them their loving forever home! They take pride in carefully screening every potential foster and adoptive home through a comprehensive approval process, educating potential adopters on the dogs' needs/requirements, and providing a community of support for all adopted dogs and families. All dogs rescued receive full medical care, microchip, vaccinations, and treatments/medications they may need thanks to the team and network of local veterinarians. While awaiting adoption, the dogs are able to decompress, build confidence, and socialize in a nurturing, well supported foster home.*

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 level.

If you are interested in fundraising and/or donating, you can set up your personal donation page by following the attached step by step directions. Ronald Reagan will also be collecting “wish list” items to donate directly to Lucky Mutts Rescue. Donated items can be brought to Mrs. Mulloy and Mr. Bisswurm in the gym. A donation of any kind earns students a keychain and an online donation of \$25 earns a t-shirt.

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.

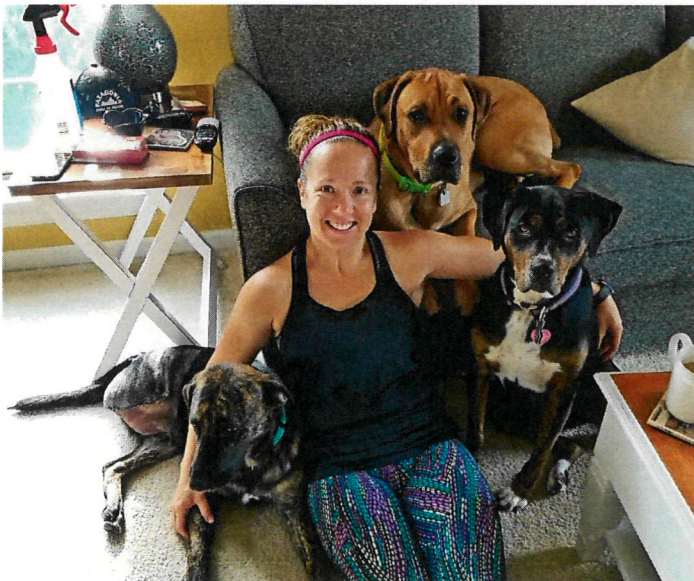
Any questions please email [Katie.Mulloy@nbexcellence.org](mailto:Katie.Mulloy@nbexcellence.org) or [Nicholas.Bisswurm@nbexcellence.org](mailto:Nicholas.Bisswurm@nbexcellence.org)



# Wish List

Dry Dog/Puppy Food	Canned Dog Food	Soft Treats
Harnesses	Martingale Collars	Leashes
Dog Toys	Canned Pumpkin	Flea/Tick Preventative
Chew Toys <i>(KONG, Nylabone, Benebone)</i>	Peanut Butter <i>(cannot contain XYLITOL)</i>	Blankets & Towels <i>(new or gently used)</i>
Laundry Detergent	Fabric Softener	Paper Towels
Disinfectant Wipes	Bleach	Stainless Steel Bowls

## BRING A PICTURE OF YOU AND YOUR PET!



There are many health benefits of owning a pet. Regular walking or playing with pets increases our opportunity to exercise our body, can help us to get outside, and even help us to socialize with others. Pets also give us companionship, provide us with a sense of purpose and responsibility, can boost your mood, and make you feel loved. To help us celebrate Health. Moves. Minds and #ReaganGivesBack we are asking students to share a picture of themselves with their pet to post on the gym doors! *Please have students write their name and teacher on the back of the picture if they want it returned to them.*



## Quick Start: Participant/ Guardian Online Sign-Up

- 1 Find your child's school and sign up:** Go to [healthmovesminds.org](http://healthmovesminds.org) and click "Register" then "Join a Team." Type in your school name. When you see your school, click your school's name and follow the prompts.
- 2 Create your login:** Follow the prompts to create your login. 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 Facebook Fundraiser.

\* Any donation earns a dog keychain! \*

**It's cool to be kind and raise online!**

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

\* Only ONE t-shirt per registered student \*





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## Create a Linked Facebook Fundraiser

**Social media is KEY to raising lots of awareness and funds. An easy first step is to create a Facebook Fundraiser directly from your fundraising Participant Center!**

**Your linked Facebook Fundraiser is for your individual personal fundraising page. All donations on your individual personal fundraising page roll up into your team fundraising page for the total raised!**

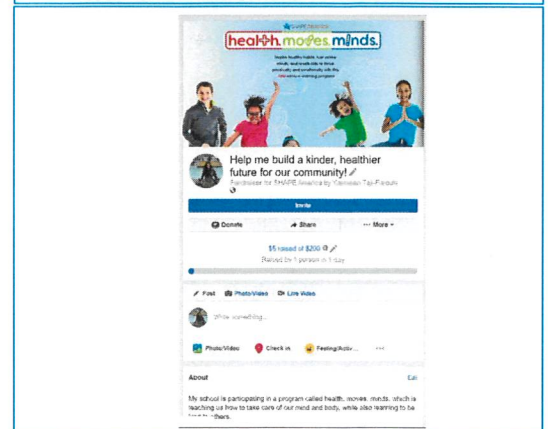
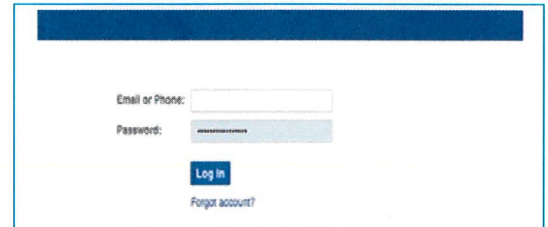
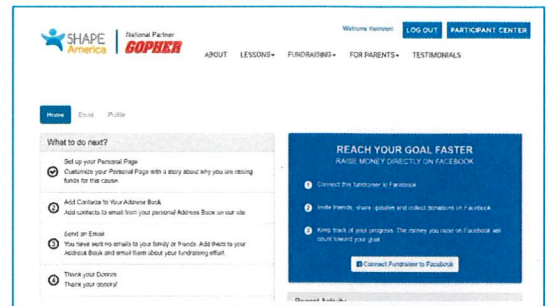
In just a couple of clicks, you can give your friends and family a fast way to learn more about why you are fundraising and they can even donate without leaving their Facebook account.

Setting up your Facebook fundraiser through your Participant Center, will ensure all donations are added to your personal fundraising page automatically and gives you access to your largest network!

1. Login to your fundraising participant center.
2. Look for the blue “Reach our Goal Faster” box and click the “Connect Fundraiser to Facebook” button.
3. Login to your Facebook account. If you are new to fundraising on Facebook with SHAPE America you’ll be prompted to click “OK” to allow access to manage fundraisers.
4. Congratulations! Your Facebook Fundraiser is now connected and has been posted on your timeline letting people know you need their support!

From Facebook you can make additional edits to your linked fundraiser, as well as easily invite your Facebook Friends to donate and share why.

Facebook will remind you periodically to share (just in case you forget) and even remind your Friends that started to donate to finish (if they haven’t already).



Still have questions? Feel free to reach out to us at [healthmovesminds@shapeamerica.org](mailto:healthmovesminds@shapeamerica.org)