



Dear Main Street Families,

The Friends of the North Syracuse Early Education Program will be hosting the **Get Active Walk-A-Thon** fundraiser. The Walk-A-Thon will be a fun mix of walking and activity stations.

What: The **Get Active Walk-A-Thon** is an active and healthy fundraiser to increase awareness about the importance of daily physical activity at school and at home. Physical activity is an essential component of a healthy lifestyle that helps control weight, builds lean muscle, reduces fat, promotes strong bones, muscle and joint development, and decreases the risk of obesity. “Children need at least 60 minutes of play with moderate to vigorous activity everyday to grow to a healthy weight” according to Centers for Disease Control and Prevention.

When: Friday, February 15, 2019, (snow date February 25) during your child’s classroom designated time

Where: In the gym at Main Street School

Why: To raise funds for purchases of Staff requests and building upgrades for the school.

How: Collect donations using your pledge sheet from your friends, family, neighbors, and parents’ co-workers or business associates. Check with employers for employee matching. For friends and family out of town, they can visit our website and donate there on the child’s behalf at www.fnseep.org/getactive or be mailed to FNSEEP Walk, 210 South Main Street, North Syracuse, NY 13212. Please do not go door to door. Extra pledge sheets are available for download from our website or can be obtained at the Main office. While collecting each pledge, we ask you to “**Get Active**” by completing one of the suggested activities: 10 jumps in place; 5 sit-ups while holding parent’s hands; 5 squats; 10 second plank or downward dog; 30 seconds of running in place; lift one foot up and down 5x; or 4-step wheelbarrow. When completed, write the activity you and your child chose next to the donation number.

100% of funds raised will go directly to the school with purchases of staff requests and building upgrades. All Walk participants will receive a ribbon necklace, snack and a brochure for the family to enjoy with suggested indoor and outdoor activities for all seasons of CNY. In addition, the top three classrooms with the highest percentage amount of donations will enjoy a frozen yogurt party. For every \$20 raised all Participants will be entered or have multiple entries in a drawing to win a prize! Have **fun** and “**Get Active**”!