

# Choose how to fundraise!

There are two flexible fundraising options when you sign up for the health. moves. minds. program to help you make the biggest impact in your school & community!

## Option 1

Support Your School

**Grow Your HPE Program**  
Support overall school wellness!

**Receive 50%**

of all funds raised from your program in the form of a Gopher Sport gift card.



**An additional 10%**

for the extra funds you need from Gopher Sport!

**SPECIAL MATCHING BONUS**

## Option 2

Support Your Community

**Pay It Forward**  
Share the love & make a local impact!

**Receive 25%**

of all funds raised from your program in the form of a Gopher Sport gift card.



**Give 25%**

of the overall funds from your program to a local charity of your choice!

**GIVE BACK OPPORTUNITY**

Your impact goes even further! The remainder of the funds raised will help support health and physical education programs and advocacy at the local, state and national levels.

Inspire healthy habits, fuel active minds, and teach kids to thrive physically and emotionally through this new service-learning program!

Learn more at [healthmovesminds.org](http://healthmovesminds.org)

# Create Fundraising Messages To Support Your School And HPE Program

**STEP 1:** Find your school's personal WHY. This could be identifying what you will use funds for or what you want your students to learn from the program.

Example: "Our school would like to raise funds for a new rock climbing wall for P.E."

**STEP 2:** Share information about health. moves. minds with parents.

- Determine your school's celebratory event such as a family fun night.
- Spread the word and share your goals with the parents & community member.

Example: "Help us raise money for a rock climbing wall to improve our mental & physical health by joining us at our Family Fitness Night!"

Sample messaging from a family fitness night:

"Try out a Boomer Board or Ball Chair. Donations to health. moves. minds. helps us to get more resources like these."

**Amanda Amtmanis**  
Spencer Elementary School – Middleton, CT

**Amanda raised over \$800!**

Sample messaging from a color run:

"As a fundraiser, we will be holding a COLOR RUN! Students will participate in a color run on May 10th on the school grounds. Please consider helping us raise money for our PE Department to purchase new equipment."

**Kirsten Guentzel**  
Sibley East Elementary School – Gaylord, MN

**Kirsten raised over \$4,000!**

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# Create Fundraising Messages To Support Your Community

**STEP 1:** Identify how you will use funds within your school and identify a local charity your school would like to support.

Example: “We would like to raise money to purchase new baseball equipment for P.E. while also raising funds to support our local food shelter.”

**STEP 2:** Share information about health. moves. minds with parents.

- Determine your school’s celebratory event such as a family fun night.
- Spread the word and share your goals with the parents & community member.

Example: “Help us make an impact as we raise funds for our local food shelter and by participating in our Kindness Spirit Week!”

Sample messaging from a fundraising page

“Our school has also decided to “pay it forward” by sharing part of the money we raise with a local charity: Going to the Dogs - Odessa Police Department.”

**Kristi Bieri**

Odessa Upper Elementary School – Odessa, MO

**Kristi  
raised over  
\$5,500!**

Sample social media messaging for a school spirit week:

“It’s Serenity Week! Help our PE department and school raise funds for the National Alliance on Mental Illness.”

**Bill Casey**

Neuqua Valley High School – Naperville, IL

**Bill  
raised over  
\$4,400!**

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