

## California Middle School Monster Mash Dash 15th Annual Jog-A-Thon

Our goal is 100% participation by our students; every pledge makes a difference no matter how big or small. All students will be participating in the Jog-A-Thon with their class on **Friday, October 28th**. We encourage each child to do their personal best both in gathering pledges and running laps. Even if your child won't be at school on Friday 10/28, they can still collect pledges to support their school and programs

### DASH TO THE FINISH LINE:

- For the month of October, the students in PE will be working on their cardiovascular endurance for the Jog-a-Thon. We will have warm up exercise routines and then a "Big Green" run.
- We want to encourage them to practice for this upcoming event and get their bodies moving!

### Why is the Jog-A-Thon So Important?

- The Jog-a-thon has grown to become CAL's PTO's largest fundraiser of the year.
- This fundraiser supports a large portion of the enrichment programs including Sport Programs, Classroom & Teacher Support, Clubs on Campus, Art and much more.
- Our goal this year is \$10,000

### How does my child participate?

- Get Pledges and/or Sponsors
- RUN LAPS! Your child will run laps with his or her PE class. Each class will wear their PE uniform or their desired Halloween Costume. Parent volunteers/Teachers will help keep track of laps. Students run, jog or walk as many laps as they can.
- WIN AWARDS & PRIZES! Students who run the most laps in each classroom will receive an award, and students with the most pledges/sponsors will win special prizes. All Students who participate will go home with some feeling rewarded for their participation!

### How can my student win prizes?

- Each runner will receive a LAP card. The student who runs the most LAPS in each class per period, will win a FREE Prize.
- Each student who raises **\$10** in donations will be eligible to receive a **Raffle Ticket** to potentially win a grand prize.
- Each student who raises **\$20** or more in donations will be eligible to receive a Raffle Ticket, either a PIE Pass or Mile Pass. **A PIE pass is for Pie-A-Teacher in the Face Day**, and **Mile pass** is to choose when they would like to get out of the Mile Run.
- Each Student who raises **\$75** will receive a Raffle Ticket, PIE and MILE, and Gift Card to local business
- Each Student who raises **\$150** will receive a Raffle Ticket, PIE and MILE pass, Gift Card to local business and a SWAG BAG
- The Student who raises the **MOST** will receive PIE and MILE pass, Gift Card to local business, SWAG BAG, PIE the Principal Mr. Dobrescu and FREE Lunch.

- Additionally, each teacher will be awarding successes in a variety of categories, and will provide unique rewards to those individuals. All prizes are in limited quantity and are first earned, first rewarded

### How to Support?

- Sponsor your runner, and share the news! We are looking for all kinds of sponsorships for this year's Jog-A-Thon, Monster Mash Dash.
- Talk to local businesses, neighbors, friends & family you choose, such as Grandparents, Aunts and Uncles for support.
- Sponsor your running per lap or contribute a flat amount.
- Today's investment in education is tomorrow's future!

### How else can I help?

- **We would be delighted if you could be a VOLUNTEER!**
- This year there are several different opportunities to volunteer your time. Post & share on social media is a fantastic way to reach family & friends
- In addition to your personal donation, we are accepting FREE local services & gifts for our grand prize drawing to be held post event for students who raise the most money, wear the best costume, run the most laps, etc. If you are interested please contact PTO.
- Calling all local businesses! Please consider a tax-deductible donation. Your business will receive exposure to approximately 500 families and 40+ teachers and staff members.

### Can students wear costumes?

- Students are highly encouraged to wear their Halloween costumes.
- We encourage students to change into their PE clothes and wear their costumes OVER their PE clothes.
- Wearing a costume is NOT mandatory and is completely optional.
- If a student chooses to NOT wear a costume, changing into their PE clothes is still required.

### What can/cannot my student wear?

- For safety reasons, masks or face painting that cover the student's face is not permitted.
- No real, toy, or facsimile guns/ weapons (swords, play knives, etc.) are allowed.
- Costumes that are sexually suggestive and would otherwise violate the school's dress code are not appropriate and cannot be worn.
- Costumes that are overly graphic, promote violence or otherwise might logically be assumed to be offensive to others are not acceptable.
- All costumes must be sensitive to all religious and ethnic groups; free from any language or symbols that target or inappropriately identify groups of students.
- Hats or wigs will be allowed if part of a costume and they do not pose a distraction to the learning environment; they MUST be removed at the request of any staff member
- Costumes should not include items with sound effects, lights or other components which would disrupt the classroom learning environment.
- If you are not sure the costume is appropriate – it probably is not!





# MONSTER MASH DASH JOG-A-THON 10.28.22

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