



**WHAT WILL YOU GIVE UP FOR 24 HOURS? ... CELL PHONE? CAFFEINE? SOMETHING ELSE?**

**PROCEEDS HELP HCDSB STUDENTS IN NEED TO SUCCEED IN SCHOOL**

# PLEDGE FORM

Participant name: \_\_\_\_\_

Email: \_\_\_\_\_ Tel: \_\_\_\_\_

Team Name: \_\_\_\_\_

- Please print clearly
- Donor name & address (including postal code) MUST be included in order for a tax receipt to be issued
- Cheques are payable to "Halton Catholic Children's Foundation"

donor name: _____	tel. ( ) _____	\$ _____
email: _____	_____	<input type="checkbox"/> cash
address: _____	apt/unit #: _____	<input type="checkbox"/> cheque
city: _____ prov: _____ postal: _____	_____	<input type="checkbox"/> tax receipt? (Y/N)
donor name: _____	tel. ( ) _____	\$ _____
email: _____	_____	<input type="checkbox"/> cash
address: _____	apt/unit #: _____	<input type="checkbox"/> cheque
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city: _____ prov: _____ postal: _____	_____	<input type="checkbox"/> tax receipt? (Y/N)



HALTON CATHOLIC  
children's foundation

## FAST FROM ... CELL PHONES? CAFFEINE? SOMETHING ELSE?

Proceeds Help HCDSB Students in Need to Succeed in School

### IF YOU ARE FASTING FROM FOOD, HERE ARE SOME REMINDERS:

Most people will be able to Fast from food for 24 hours without any side effects.

- o Some people probably shouldn't Fast from food
  - Children under 12 years or the elderly
  - Pregnant or nursing mothers
  - People with some medical conditions or specific dietary needs
  - If you are unsure, check with your family physician first

Decrease your activity levels. Get lots of sleep, and choose activities that will help take your mind off of eating (i.e. movies, reading, board games).

Hydrate well – juices with low acidity are good options

Listen to your body. Please do not put your health in jeopardy because you have been fasting.

Choose easy to digest foods to eat after your "Fast" – i.e. breads, pasta, rice

### FUNDRAISING:

Ask friends, family and neighbours to sponsor you or to join your team...the more the merrier.

- o There are Students in Halton (your neighbours) who are struggling with having enough food to eat, proper clothes/footwear, a mattress to sleep on, or even a roof over their head. HCDSB Schools identify these students in need and apply to the HCCF for financial assistance.
- o The need has continued to grow over the past few years, and we will continue to try to meet these needs...but we need your help to do so.

Be sure to sponsor yourself first. This will help to set the tone for how others will sponsor you.

Break down your goal

- o If your goal = \$150, maybe sponsor yourself for \$50, that leaves 10 people at \$10 each, or 5 people at \$20 each or 2 people at \$50 each. Easy peasy, lemon squeezy!

Donations can be collected online through your fundraising page or with the paper sponsorship form

- o Combining online and paper forms is a great way to raise more funds and therefore help more students in need. Be sure to make use of personal emails and your social media.

- o The #1 reason people sponsored other people....  
**they were asked by someone they knew.**

- Often people get busy and despite their best intentions, forget to sponsor you. Research shows that sending 2 or 3 friendly email reminders will be VERY helpful in meeting your fundraising goals.

- o Please thank people who sponsor you.

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Be sure to enter any cash or cheque donations onto your fundraising page as "Offline", so they can be included as part of your "Raised to date" total.

After the "Fast", send Cheques to HCCF by April 30th c/o 2333 Headon Forest Dr, Burlington, ON L7M 3X6

- o Double check your sponsorship amounts match the cash and cheques you have collected
- o Cheques can be made payable to "Halton Catholic Children's Foundation"
- o Please do not send cash in the mail. Issue your own personal cheque for the total of the "cash" amounts you have collected, and attach a note with your Pledge sheet indicating which cash donations (name of donor and amount) the cheque is for.
- o No action on your behalf for any Online Donations – Canada Helps makes sure we receive these funds.

**Questions? No problem, we're here to help**  
**Email or phone Victoria Craig:**  
**craigv@hccf.ca, 905-802-0918**