



Well-A-Thon (n):

A school fundraising event to support a healthy learning environment.

The Well-A-Thon is a wellness-focused fundraiser that helps schools raise funds to bring in programs, services and supplies that support a healthy learning environment. Students will directly benefit from the dollars raised in their schools and are encouraged to be involved in leading changes toward school-wide well-being.

How to get involved:

1. Register! Register your school at everactive.org/well-a-thon
2. Pick a wellness-focused activity that students will participate in and collect pledges. The activity can be chosen as a school or by classroom (ideas below)
3. Perform your wellness activities and celebrate your school's fundraising efforts at a Well-A-Thon day!
4. Plan how to use your funding, resources and mentorship support

Well-A-Thon Day Ideas

For your Well-A-Thon, consider an activity that can bolster individual, classroom or whole school wellness. Learn about supporting the dimensions of wellness within your school community here: shop.everactive.org/product/wellness-wheel

Physical Wellness

- Walk/Wheel 5km
- Bike Rodeo
- Skip-A-Thon
- Nature Play All Day

Social Wellness

- Community Clean Up
- Community Garden
- Thank-A-Thon

Mental and Emotional Wellness

- 50 Acts of Kindness
- Volunteer-A-Thon
- Meditate-A-Thon

Spiritual and Cultural Wellness

- International Cook Day
- International Games
- Drummers/round dance







Intellectual Wellness

- Family Game Night
- Read-A-Thon
- Arts and Crafts

All participating schools will receive:

- School-wide kick-off rally with a wellness educational component
- Resources to support your wellness priorities
- Funding for student-led wellness action plans
- Well-A-Thon Day

Dollars raised will directly benefit the fundraising students!

	<p>Up to \$849 raised</p> <ul style="list-style-type: none"> • Resources to support your wellness priorities • Funding for student-led wellness action plans • 30-minute virtual student leadership in-service
	<p>\$850 raised</p> <ul style="list-style-type: none"> • Resources to support your wellness priorities (\$170 value) • Funding for student-led wellness action plans (\$250) • Mentorship to implement your school wellness goals and/or workshops for students and staff (2 x 90 minute sessions OR half day consultation)
	<p>\$1,000 raised</p> <ul style="list-style-type: none"> • Resources to support your wellness priorities (\$200 value) • Funding for student-led wellness action plans (\$300) • Mentorship to implement your school wellness goals and/or workshops for students and staff (3 x 90 minute sessions OR full day consultation)
	<p>\$1,500 raised</p> <ul style="list-style-type: none"> • Resources to support your wellness priorities (\$300 value) • Funding for student-led wellness action plans (\$450) • Mentorship to implement your school wellness goals and/or workshops for students and staff (3 x 90 minute sessions OR half day consultation) PLUS 50% discount on one Shaping the Future registration
	<p>\$2,000 raised</p> <ul style="list-style-type: none"> • Resources to support your wellness priorities (\$400 value) • Funding for student-led wellness action plans (\$600) • Mentorship to implement your school wellness goals and/or workshops for students and staff (3 x 90 minute sessions OR half day consultation) PLUS complimentary Shaping the Future main- and pre-conference registration and three nights standard accommodations
	<p>\$5,000+ raised</p> <ul style="list-style-type: none"> • Resources to support your wellness priorities (\$1,000 value) • Funding for student-led wellness action plans (\$1,500) • Mentorship to implement your school wellness goals and/or workshops for students and staff (3 x 90 minute sessions OR half day consultation) PLUS complimentary Shaping the Future main- and pre-conference registrations and three nights standard accommodations • BONUS: School keeps 50% of funds raised over \$5,000; the other 50% will be donated to schools in need to support wellness projects