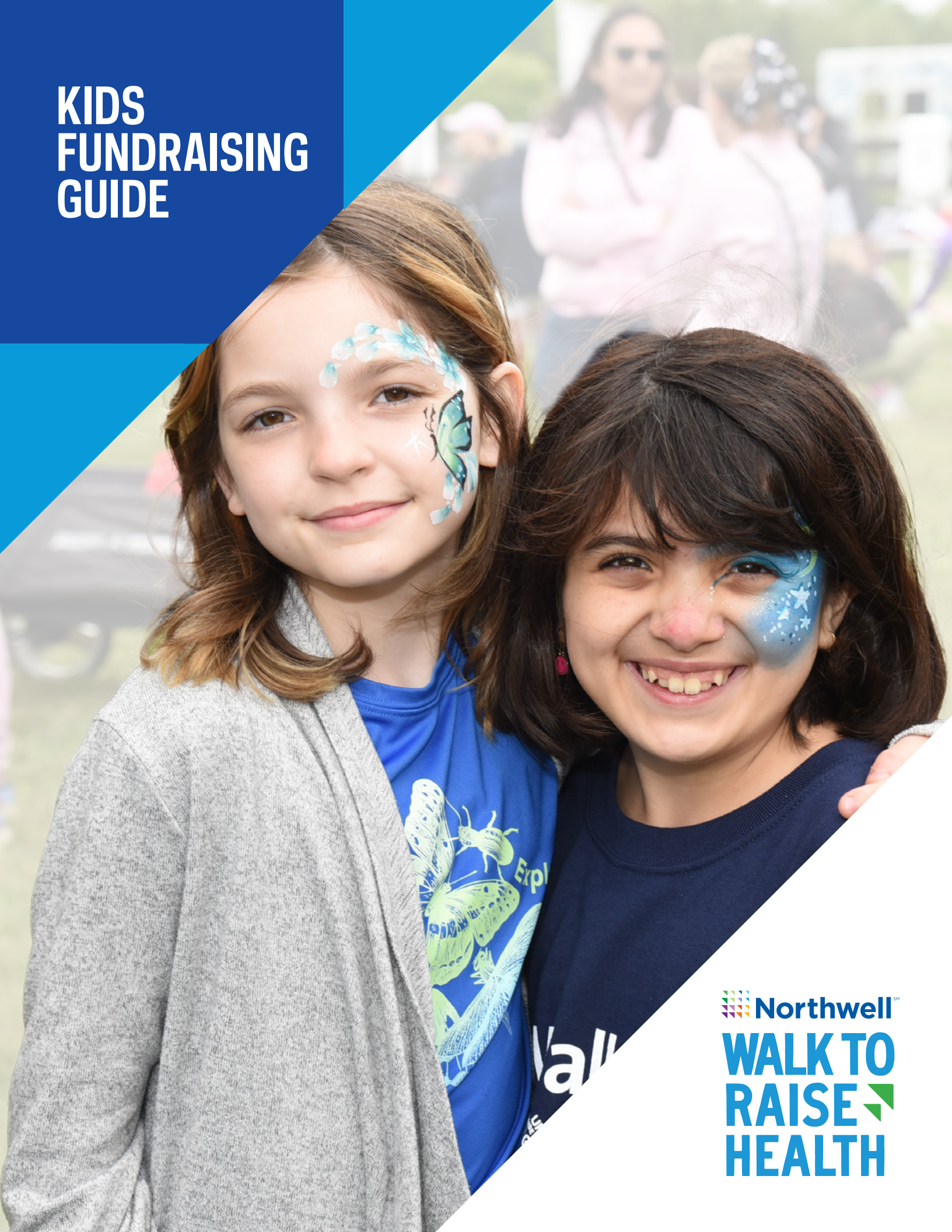


# KIDS FUNDRAISING GUIDE



 Northwell™  
**WALK TO  
RAISE  
HEALTH**

# Ready, Set, Fundraise!

Northwell's Walk to Raise Health is an amazing opportunity for kids to get involved in fundraising and raising awareness about the importance of physical and mental health in their schools and communities.

## Fundraising is not just for adults. Kids can easily get involved by following 3 simple steps!

### Step 1

**Decide how you'll collect funds!** Kids over 14 can register for the Walk and create their own fundraising pages to collect donations. Kids under 14 can use their parents' pages to collect donations. You can also collect checks and mail with an offline donation form linked below:

[East End Walk \(Peconic Bay Medical Center\)](#)

[Jones Beach Walk \(Cohen Children's Medical Center and Katz Institute for Women's Health\)](#)

[Port Jefferson Walk \(Mather Hospital\)](#)

[Staten Island Walk \(Staten Island University Hospital\)](#)

[Westchester Walk \(Northern Westchester Hospital\)](#)

[Westchester Walk \(Phelps Hospital\)](#)

### Step 2

**Pick a way to fundraise!** Will you pick an activity from the list of fundraising ideas below? Will you make an at-home video request for donations and send it around to friends and family via text or email? However you decide to ask for funds, make sure you let people know where the funds are going and thank them for their time and donations!

### Step 3

**Walk with us!** Join us on Walk Day at one of our 5 Walk locations! Don't forget to get your final fundraising done that day by asking people to fill out the below Walk Day Pledge Form and sponsor your miles!

### Submit Your Fundraising Story and Win a Prize!

Tell us the story of why you're raising funds to support Northwell by filling out the form in this guide. Feel free to share photos with your story. We'll randomly pick one submission at the end of the season to win a prize. We also may ask to feature your story in an email or on our website to inspire others to fundraise too!



## Partner With Your Local School!

Many of these fundraising ideas can be done in partnership with your child's school. Reach out to your local school district and find out if there's a way to get the whole school involved in a pre-walk day fundraiser!





## There are so many ways to fundraise for the Walk!

Here are a few ideas that are designed just for kids. If kids (under 14) don't have their own fundraising pages, they can use their parents' pages to collect donations.

### Bake Sale and/or Lemonade Stand

Bake your own cookies, brownies or cakes and sell them to neighborhood friends and family. Make some fresh lemonade to go along with your treats! Make sure to let people know that all of the money collected will go directly to helping families get the care they need at Northwell.

### Read-a-Thon

Challenge yourself and your classmates to read as many books as they can (or pages) in an allotted period of time. Create a pledge form so that parents can pledge to giving a chosen amount of money per book (or page) read.

### Walk/Run-a-Thon

Set up a small walk or run-a-thon at your school or local park. Invite your classmates to walk or run a set number of miles and have parents and friends pledge a certain dollar amount for every mile walked or ran.

### Penny Jar Wars

Each class decorates a big change jar. The goal is to collect as much change as possible in an allotted time period. Kids and teachers can drop in loose change that they have. Parents can make donations. You can also "earn" change to go into the jar by completing certain activities at school. At the end of the allotted time period you count the change and whichever class has the most amount of change wins a pizza party!



### Used Book Sale

Collect used books from classmates or neighborhood friends and families. Don't forget to add your own used books to the mix. Sell the books during or after school or on the weekend in your neighborhood.

### Car Wash

Host a neighborhood car wash! Ask a church or school if you can use their space to set up a car wash and wash cars for donations.

### Lawn Mowing Services

Walk around the neighborhood and ask if anyone needs help mowing or cleaning their lawns! Let them know that instead of paying you directly, they can make a donation to your (or your parents') Walk fundraising page.

# WALK DAY PLEDGE FORM

When you raise funds for Northwell's Walk to Raise Health, you play a crucial role in making high-quality care available to your family, friends and neighbors.

## THERE ARE 2 WAYS TO MAKE A PLEDGE:

**1**

You can sponsor a participant by making a flat donation  
*(i.e. \$20 for participation)*

**2**

You can pledge an amount for miles completed  
*(i.e. \$10/mile)*

NAME	I will make a flat donation of...	I will sponsor \$ per mile completed	TOTAL AMOUNT DONATED <small>to be filled out by participant</small>
		\$ /mile completed	
		\$ /mile completed	
		\$ /mile completed	
		\$ /mile completed	
		\$ /mile completed	
		\$ /mile completed	
		\$ /mile completed	
		\$ /mile completed	
		\$ /mile completed	
		\$ /mile completed	
		\$ /mile completed	

You will be notified by the participant of the final amount due and can make a donation online or offline.  
**Thank you in advance for your support!**



# GENERAL PLEDGE FORM

When you raise funds for Northwell's Walk to Raise Health, you play a crucial role in making high-quality care available to your family, friends and neighbors.

## THERE ARE 2 WAYS TO MAKE A PLEDGE:

1

You can sponsor a participant by making a flat donation  
*(i.e. \$20 for participation)*

2

You can pledge an amount for \_\_\_\_\_ completed  
*(insert activity here)*

NAME	I will make a flat donation of...	I will sponsor \$ per activity completed	TOTAL AMOUNT DONATED to be filled out by participant
		\$ / _____ activity completed	
		\$ / _____ activity completed	
		\$ / _____ activity completed	
		\$ / _____ activity completed	
		\$ / _____ activity completed	
		\$ / _____ activity completed	
		\$ / _____ activity completed	
		\$ / _____ activity completed	
		\$ / _____ activity completed	
		\$ / _____ activity completed	
		\$ / _____ activity completed	

You will be notified by the participant of the final amount due and can make a donation online or offline.  
**Thank you in advance for your support!**



# WHY I WALK STORY FORM

Please email this form to [walk@northwellwalk.edu](mailto:walk@northwellwalk.edu) along with any photos you think go along best with your story. We'll randomly pick one submission at the end of the season to win a prize. We also may ask to feature your story in an email or on our website to inspire others to fundraise too!

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Describe yourself in three words: \_\_\_\_\_

Why are you walking this year?

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Tell us how you're planning to fundraise.

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I give Northwell Health permission to publish my story and photos on northwellwalk.com, Walk email communications and social media. If your story is selected for publication, a member of our team will contact you regarding a consent form authorizing us to use your story and accompanying images.

