

THE TERRY FOX SCHOOL RUN



Student's Full Name

School Name *Cardinal Carter CHS*

Rm *City Aurora ON* Site#

Please **PRINT** clearly. Full mailing address is required for tax receipt.
Please make cheque payable to **The Terry Fox Foundation**. Donation of \$20 and above receive a tax receipt.

AMOUNT COLLECTED

NAME: <i>John Smith</i>	TEL: <i>123 456-7890</i>	\$ 25.00	<input type="checkbox"/> CASH
APT: <i>301</i> ADDRESS: <i>234 Every street</i> CITY: <i>Everytown</i> POSTAL CODE: <i>L0L1L0</i>	PROV:		<input checked="" type="checkbox"/> CHEQUE
Full mailing address required for tax receipt			
EMAIL: <i>johnsmith@gmail.com</i>			

NAME:	TEL:	\$	<input type="checkbox"/> CASH
APT: ADDRESS: CITY: POSTAL CODE:	PROV:		<input type="checkbox"/> CHEQUE
Full mailing address required for tax receipt			
NAME:	TEL:	\$	<input type="checkbox"/> CASH
APT: ADDRESS: CITY: POSTAL CODE:	PROV:		<input type="checkbox"/> CHEQUE
Full mailing address required for tax receipt			
NAME:	TEL:	\$	<input type="checkbox"/> CASH
APT: ADDRESS: CITY: POSTAL CODE:	PROV:		<input type="checkbox"/> CHEQUE
Full mailing address required for tax receipt			
NAME:	TEL:	\$	<input type="checkbox"/> CASH
APT: ADDRESS: CITY: POSTAL CODE:	PROV:		<input type="checkbox"/> CHEQUE
Full mailing address required for tax receipt			

TOTAL PAPER PLEDGES	TOTAL ONLINE PLEDGES	GRAND TOTAL	Well Done!
\$ <input style="width: 50px;" type="text"/>	+ \$ <input style="width: 50px;" type="text"/>	= \$ <input style="width: 50px;" type="text"/>	

Bike Draw

Get 5 donations on this pledge sheet to be entered to win a bike!



1 bike will be drawn per region! One entry for every completed pledge sheet.



THE TERRY FOX FOUNDATION

HOW CAN SOMEONE DONATE TO ME?

- 1 By cheque or cash
- 2 Directly to my school at terryfox.org
- 3 Directly to me on my online fundraising page (see below)



HOW DO I COLLECT PLEDGES?

ON PAPER

Use your pledge sheet to ask relatives and family friends in person for cash or cheque donations. Fill in all their info on the other side of this sheet, and hand it in to your school with the donations.

ONLINE

Go to terryfox.org to set up your private student fundraising page. You can upload pics of yourself and a message to ask for donations. Once you're signed up, you'll get a link to share with family and friends, or through your parent's/guardian's email, or by social media.

COMBO: ONLINE + PAPER

Using both methods is a great way to reach more people. When Terry ran, he didn't have the Internet to help him. He had his voice and a telephone. To honor Terry, let's pull out all the stops and do our very best too.

"I got so many donations when I sent my link out to all my relatives in England, after I created my fundraising page at terryfox.org. Then my mum and dad shared my pledge sheet with their office friends. It was so easy for me to reach my goal and now I have a page on the website that I can sign into every year." Khyla WM, Wm. Berzy PS

Are there any tips online to help me fundraise?

Go to terryfox.org under the School Run page to find some fundraising tips to help you meet your fundraising goal.

MEET AIDEN

Hockey Player and 10 Year Cancer Survivor

When I was born I was in and out of the hospital a lot. My mom took me to see a pediatrician who diagnosed me with a cancerous bladder tumor. I was only 10 weeks old.

My mom remembers being devastated and shocked that a newborn baby could have cancer. I had 42 weeks of chemotherapy and a surgery to remove the tumor. It was really hard on my family but after it was all finished I got to go home, cancer free. But, sadly, just six months later my cancer came back. This time I had to have surgery to remove the organs affected by the cancer, as well as more chemo and radiation.

Today I am 12 years old and have been in remission for 10 years! I love summer camp and playing volleyball but my true passion is hockey. I started playing at 8 years old even though most people thought I couldn't because I have so much nerve damage from the chemo. But I worked really hard and was determined to play the sport I love. The Ottawa Senators are my favorite team and one of my favorite players is Bobby Ryan.

Due to my ostomy bag I am a little different from other kids but I hope my story inspires people just like Terry Fox did. I want to encourage everyone to always keep pushing even when times are tough. I talk about my experience to help raise money for cancer research so that other kids and adults don't have to go through what I did.

Thank you for everything you do to make the world a better place with your fundraising!

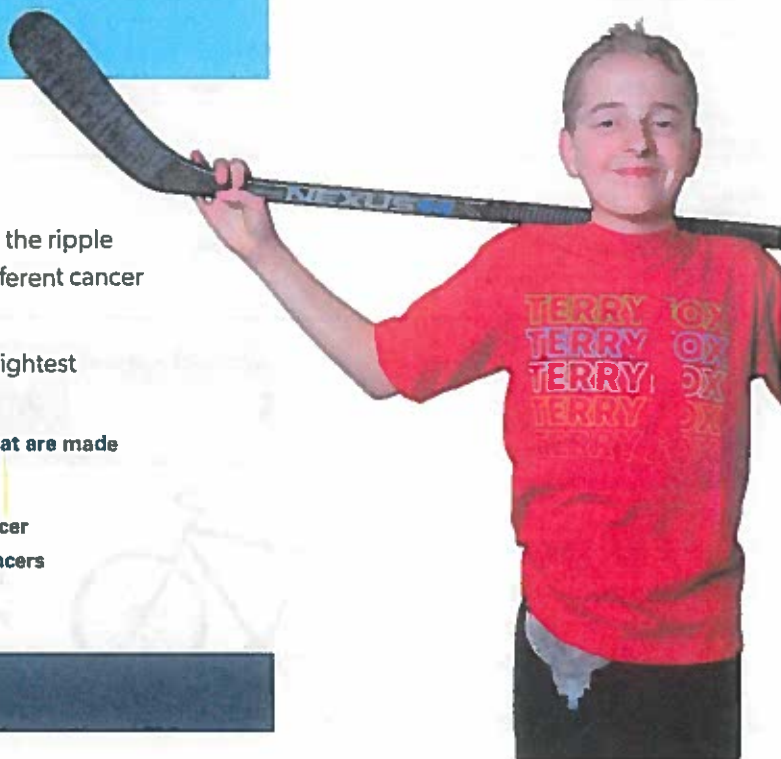
You Make This Possible

When you and your sponsors give to The Terry Fox Foundation the ripple effect of that contribution can be felt through more than 75 different cancer research projects spanning a variety of different sites.

Terry wanted money raised in his name to fund the best and brightest researchers and scientists in Canada.

Here are only a few of the many different types of cancer research that are made possible thanks to your generosity.

Lung cancer	Colorectal cancer	Brain cancer
Breast cancer	Pediatric cancer	Blood cancers
Ovarian cancer	Prostate cancer	



CARDINAL CARTER CATHOLIC HIGH SCHOOL

210 Bloomington Road West, Aurora, Ontario • L4G 0P9
(905) 727-2455 • Fax (905) 727-9568



September 18th, 2019

Dear Parent(s)/Guardian(s):

This is an excursion letter and permission form for the 2019 Cardinal Carter CHS Terry Fox Run. All students are invited to participate and will be leaving the building from 1:10 p.m. - 2:25 p.m. on Wednesday, September 25th, 2019. Students participating will be supervised by teachers, administrators and the York Regional Police. Students will depart from Cardinal Carter, walk toward and up Elderberry Trail and back to the school for dismissal. Please sign and return this form to allow your child to participate in the Terry Fox Run.

Sincerely,

Christian Scenna
Vice Principal
Cardinal Carter

Please sign and return the following permission form asap

I give my child, _____ in Grade _____, permission to participate in the **Terry Fox Run** taking place on **Wednesday, September 25th, 2019** during the last Period of the day 1:10 p.m. - 2:25 p.m. I am aware that the class will be walking in the adjacent community on Elderberry Trail under the supervision of classroom teachers, administrators and the York Regional Police.

Parent(s)/Guardian(s) Signature: _____ Date: _____



York Catholic District School Board
INFORMED CONSENT/PERMISSION FORM FOR SPORTS TEAMS

APPENDIX A
Admin #72
Jan. 2015

TERRY FOX WALK on Wednesday, September 25th, 2019, during Period 4 - 1:10 p.m. - 2:25 pm.

Cardinal Carter Catholic High School _____ is arranging a school wide

THIS FORM MUST BE READ AND SIGNED BY EVERY STUDENT WHO WISHES TO PARTICIPATE, AND BY A PARENT OR GUARDIAN OF A PARTICIPATING STUDENT.

ELEMENTS OF RISK:

Educational activity programs, such as participation in this team sport involve certain elements of risk. Falls, collisions and other incidents may occur, causing injury. The following list includes, **but is not limited to**, examples of the types of injury which may result from participating in walking and running _____

1. *Bumps & bruising; muscle sprain & strain*
2. *Fainting; shortness of breath; dehydration*
3. *Cuts & scrapes; broken bones; dental injuries*
4. *Head, neck and back injuries*
5. *Concussion*
6. *not limited to the above*

The risk of sustaining these types of injuries result from the nature of the activity and can occur without any fault of either the student, or the school board, its' employees/agents or the facility where the activity is taking place. By choosing to take part in this activity, you are accepting the risk that you/your child may be injured. The chance of an injury occurring can be reduced by carefully following instructions at all times while engaged in the activity. If you choose to participate in this team sport during the months of indicated above, you must understand that you bear the responsibility for any injury that might occur.

The York Catholic District School Board does not provide accidental death, disability, dismemberment or medical expense insurance on behalf of the students participating in this activity.

POLICY 212: CONCUSSIONS:

Policy 212: Concussions will be followed if a student has sustained a hit or blow to the head or body and shows signs or symptoms of concussion. *Policy 212: Concussions* is available at www.ycdsb.ca. Management of concussion is key to supporting the student during recovery. Please be advised that your son or daughter will be asked to seek medical attention if signs and symptoms of concussion arise. You are advised to view Dr. Evans YouTube video with your son or daughter

<http://www.youtube.com/watch?v=55YmbIG9YM>.

ACKNOWLEDGEMENT:

WE HAVE READ THE ABOVE REGARDING: 1) ELEMENTS OF RISK AND 2) POLICY 212: CONCUSSIONS

WE HAVE ALSO DISCUSSED THE SIGNS AND SYMPTOMS OF CONCUSSION AND MANAGEMENT OF CONCUSSION WITH OUR CHILD BASED ON CONCUSSION GUIDELINES FOR PARENTS & CAREGIVERS AND/OR DR. EVANS YOUTUBE VIDEO.

WE UNDERSTAND THAT PARTICIPATING IN THE ACTIVITY DESCRIBED ABOVE, WE ARE ASSUMING THE RISKS ASSOCIATED WITH DOING SO.

Signature of Student: _____ Date: _____
 Signature of Parent/Guardian: _____ Date: _____

PERMISSION

I give _____ permission to participate in the _____

Terry Fox Walk/ Run on Wednesday, September 25,
2019

Signature of Parent/Guardian: _____ Date: _____
(Students Under 18 Years)