



**PROCEEDS TO THE HCCEF
STUDENT GUARDIAN PROGRAM
HELPING HCDSB STUDENTS
IN NEED**

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 Education Foundation"

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

c/o 3230 Woodward Ave., Burlington, ON L7N 3P1
905-632-6314 ext. 248, clarema@hccef.org
hccef.org, [@HCCEF](https://www.facebook.com/haltonHCCEF), [facebook.com/haltonHCCEF](https://www.facebook.com/haltonHCCEF)
Charitable Registration # 86895 7622 RR0001



*Halton Catholic Children's
Education Foundation*



**Thank you for registering for the HCCEF 24 Hour Fast – well done!
Proceeds go to the HCCEF Student Guardian Program – Helping HCDSB Students in Need**

HERE ARE SOME REMINDERS:

FASTING:

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

- o Some people probably shouldn't Fast for 24 hours
 - 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

You choose the 24 hour period – perhaps 7am to 7am, or 1pm to 1pm....any 24 hour period would be fine.

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 HCCEF Student Guardian Program for financial assistance.
- o The need has continued to grow over the past few years, and the Student Guardian Program 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.

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 HCCEF by Mar. 20, 2019 - c/o 3230 Woodward Ave, Burlington, ON L7N 3P1

- 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 Education 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 Marc Clare:
clarema@hccef.org, 905-632-6314 x248**