



Oaktons parents, teachers, & staff:
Let's count our steps together!

The Oakton wellness committee is calling on YOU to join our Wellness Fundraiser.

From Tuesday, May 26th to Tuesday, June 2, we're challenging you to walk 10,000 steps a day.

For a minimum donation of \$5 (any larger amount is welcome!), we will provide you with a pedometer and a Cougar Counting Card to record your steps. The card will automatically become your raffle ticket and a chance to win awesome wellness prizes.

Want to participate but **don't need a pedometer?** No problem! **We encourage you** to use your own device or app (free apps: Steps Pedometer & Step Counter, Stepz - Pedometer & Step Counter, Pedometer++) to keep track of your steps and then record them on your Cougar Counting Card.

HOW DOES IT WORK?

1. Fill out the attached sign-up sheet and return this together with your donation (please make checks out to the Oakton PTA) in your child's folder by **Monday, May 18th**.
2. In the following days, look for your pedometer and Cougar Counting Card in your child's backpack.
3. Starting Tuesday May 26, record how many steps you take every day until Tuesday June 2nd. Our Oakton wellness goal for the week is **10,000 steps a day per person!**
4. Please send your Cougar Counting Card back with your child on **Wednesday, June 3rd**, and it will automatically be entered into our wellness raffle. By Friday, June 5th we will announce the winners.

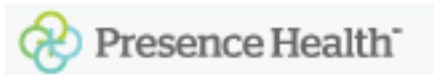


WHERE WILL THE MONEY GO?

This years event goal is to raise \$1,500 to purchase and install **3 fresh water bottle-filling kits** in the hallways of our school: One on the first floor next to the cafeteria, one for the second floor in the auditorium, and one for the third floor. Your participation will support our ability to provide a healthy drink choice to all of Oakton's students, teachers and staff, and encourage the use of non-disposable water bottles.

Questions? Please don't hesitate to contact Mr. Murphy at murphyj@district65.net or Daniela Nelke at dcnelke@gmail.com

We want to thank the following Evanston businesses for their great support!



COUGAR COUNTING CARD

For a minimum donation of **\$5** (any larger amount is welcome!), we will provide you with a pedometer and a Cougar Counting Card to record your steps. The card will **automatically** become **your raffle ticket** and a chance to win awesome wellness prizes such as:

- A 2-month membership to the EAC (value of \$170)
- A pool or gym party at the YMCA (value of \$150)
- A 10-Class Card from Bikram Yoga Evanston (Value of \$150)
- A 1-month membership to the Fonseca Martial Art (value of \$150)
- 18 holes of golf for 4 people with carts included at Canal Shores Golf Course
- A 5-visit pass to Little Beans Café
- A \$50 gift certificate from Ergo Salon & Spa in Evanston
- reusable water bottle

Questions?

Please don't hesitate to contact Mr. Murphy at murphyj@district65.net or Daniela Nelke at dcnelke@gmail.com



Name: _____

Email: _____

Phone number: _____

Classroom teacher: _____

Will you need a pedometer?

No thanks!

Yes please!

How many? _____

Please make checks out to the
Oakton School PTA