

Dear Parent/Guardian,

“When you’re happy and you know it, clap your hands.”

Clap Clap! Clapping is associated with all good things in life – promotions, good grades, celebration, and so much more. It’s associated with happiness. We all love the song!



1 Our school is hosting a Clap4Health!SM Fundraiser, it is an innovative solution to bringing wellness and physical education back into the schools and children’s households. The benefits of clapping are based on the Acupressure Theory. “Our body has 340 known pressure points, 28 of which are in our hands.” This is why many children and adults love to clap. It makes you happy! This program is being implemented in schools across the nation to teach the benefits of keeping fit, active, healthy and happy. Let’s have some **FUN GETTING HEALTHY!**

2 What is Clap4Health!SM Fundraising? It is a campaign that allows children to fundraise for their school. Your youth will gather pledges for each clap they make during Clap4Health!SM Events. For example, if their friend pledges \$.50 cents for each clap, and your youth claps 200 times during a Clap4Health!SM Event, they will receive \$100 dollars as a donation from their friend. Your school received 20% earned from Clap4Health!SM and The Hip Hop Healthy Heart Program for Children™ Curriculum will be implemented in Classrooms, P.E./Wellness, After-School Programs, and/or Camps for FREE (from the amount raised by the school).

3 Why Are schools the ideal setting to host such a program? We have compiled a rich list of research, data, and resources for you to educate your children, staff, parents, and community on the power of clapping. Incorporate this information into school lesson plans, website and social media. The Clap4Health!SM Event is the optimal way to educate the school and make a difference in our children’s lives.

4 How to ask for donations in person or online through our fundraiser website.
In person: Practice sharing your Clap4Health!SM Message above with friends, relatives, and people you know. Using your pledge forms, gather contact information (name, address, email, etc.)
Online: Go to the school website and click on the Clap4Health!SM Fundraiser link to donate.

5 How Do Children Earn Clap4Health!SM Character badges? As students fundraise, they can earn character badges in increments of \$5. (The school will print out the character badges on round, Avery labels, 12 per page).

- Go to your school’s website.
- Ask employers if they work for a company that matches the contributions of their employees. They can provide you with their company’s matching gift form to include in your pledge form.
- For the safety of our children. We ask that your child NOT go door-to-door or ask strangers for donations.

LET’S Clap4Health!SM TOGETHER! WE WILL ALL BE HAPPY, HEALTHY and ACTIVE!

Practice: Play a game with your child-How many claps can you both do in 1 minute? 5 minutes? 10 minutes? 20 minutes? **Start slowly and build your momentum. Do it for the next 21 days to create a habit – 30 days to create a lifestyle.

Clap4Health!SM MESSAGE for Fundraising: Because of this fundraising program, millions of students will receive *The Hip Hop Healthy Heart Program for Children™* – a K-6th grade comprehensive healthy literacy curriculum (mind, body and emotion) that has been created to build a culture of health through our educational system.

- 1 <http://www.theavurveda.org/health-tips/you-will-be-surprised-by-the-benefits-of-clapping-hands/>
- 2 <http://www.thehealthsite.com/diseases-conditions/health-benefits-of-clapping-bs0816/>
- 3 <http://www.thehealthsite.com/diseases-conditions/health-benefits-of-clapping-bs0816/>

We look forward to celebrating at the event.

Thank you for your support!

Event date: _____

Pledge Form due date: _____

Join the Clap4Health!SM Fundraiser.

Collect all 12 character stickers as you fundraise. Naming contest coming soon!

