

CHAS

CHILL



Children's Hospice Association Scotland
Sharing the Caring

PYJAMA DAY ★
SPONSORED SILENCE ★
SPONSORED SIESTA ★ **DRESS UP DAY** ★ **TEDDY BEARS PICNIC** ★
IPOD/MUSIC AFTERNOON ★ **MAD HAIR DAY** ★
CLEANATHON ★
SKIPATHON ★
MINI ZUMBATHON ★
DANCING COMPETITION ★
WII OLYMPICS ★
SCHOOL TRIATHLON ★
KEEPIE UPPIE ★
WALK/RUN AROUND SCHOOL GROUNDS
SWIMATHON ★
SPELLATHON ★
TIMES TABLE CHALLENGE ★
MATHS QUIZ ★
READATHON ★
POETRY COMPETITION ★
YOUNG APPRENTICE ★
SCHOOL FAIR ★
COLLECT LOOSE CHANGE ★
COMPUTER GAMES COMPETITION ★

Do you love chilling out and relaxing?

Yes? Well, so do the children and young people who visit Rachel House and Robin House – the two children's hospices run by Children's Hospice Association Scotland (CHAS). When they stay for a visit there are loads of activities they can do to relax and chill out, like painting a picture, or listening to music, or watching a film. The children are very ill, so they sometimes need lots of help to do these fun things.

Chill out activities for CHAS

To help us to keep the children happy and chilled out on their visits to the hospices, we need your help! It costs us lots of money to organise all the fun activities, so why not take part in CHAS Chill at your school and raise money for CHAS?

It's really easy; all you have to do is pick an activity that makes you feel chilled out (as long as your teacher agrees) and get in touch with us for a free activity pack.

To get started just turn over the page for lots of chilled out fundraising ideas.

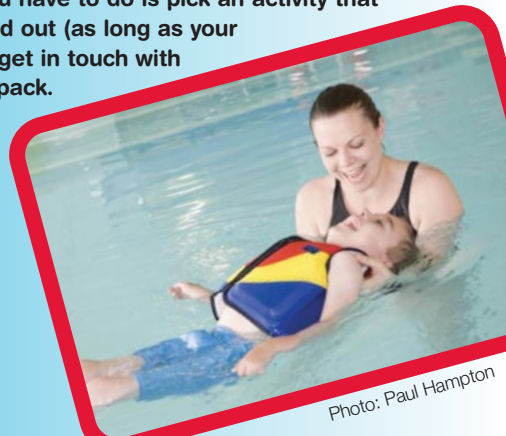


Photo: Paul Hampton



Photo: Sean Bell

Here are some chilled out activities to get you started – but you can also come up with your own ideas. When you register for your free activity pack, you will receive a special chillo'meter to keep track of how much money you are raising. Remember to keep on going until everyone is totally chilled out!

CHILL OUT IDEAS

- ★ Pyjama day – pay to wear your favourite pyjamas in school.
- ★ Sponsored silence – can you keep quiet for an hour or so during class?
- ★ Sponsored siesta – have a nap at school Spanish style!
- ★ Dress up day – come as your favourite chilled out character.
- ★ Teddy bears picnic – bring your toys to school and have a picnic. You could have a 'Best Bear' competition and raffle.
- ★ Mad hair – come to school without combing your hair.
- ★ iPod/music afternoon – pay to play your favourite song and make up a 'Guess the Popstar' game.
- ★ Cleanathon – be helpful around school and let others chill out. You could tidy up your classroom and let your teacher chill out.

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Photo: Sean Bell

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You might like to chill out by taking part in something more active. Here are some ideas to get you started:

SPORTY IDEAS

- ★ Skipathon
- ★ Mini zumbathon
- ★ Dancing competition
- ★ Wii Olympics
- ★ School triathlon
- ★ Keepie uppie
- ★ Walk/run around school grounds
- ★ Swimathon

Why not help your teachers chill out by showing them how smart you are with one of these learning ideas?:

LEARNING IDEAS

- ★ Spellathon
- ★ Times tables challenge
- ★ Maths quiz
- ★ Readathon – how many books can you read in a day?
- ★ Poetry competition
- ★ Young apprentice – think up and plan your own activity to raise money for CHAS.

OTHER FUNDRAISING IDEAS

- ★ Hold a school fair and tell everyone in school about it, and your family. Ask people to bring in old toys to sell, or bake for a cake and candy stall.
- ★ Collect loose change and make them into a rocking horse of coins (like the CHAS logo).
- ★ Bring your favourite computer games to school and have a competition.

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WHAT DO I DO NEXT?

Here's all you need to know to take part in CHAS Chill and start chilling!

Steps to register

- 1 Choose an activity – see our fantastic list of fundraising ideas.
- 2 Decide when to hold your event.
 - ★ Hold the activity at a time that suits you. Lots of schools use free class time or golden time to run their event.
- 3 Register for your free activity pack today by filling in and returning the registration form. Your pack includes:
 - ★ A chillo'meter to help you track your fundraising progress.
 - ★ Sponsor forms.
 - ★ Template parental consent forms to check it's ok to do your activity.
 - ★ Hints and tips to help you get local publicity for your event.
 - ★ An information pack about CHAS which includes question and answer sheets, colour in sheets and a word search.
- 4 Receive your activity pack and start your chilled out fundraising!

Note to Teachers: Curriculum for Excellence

We recognise the importance and benefits of linking into 'A Curriculum for Excellence'. Working with CHAS will help pupils to become: 'responsible citizens, confident individuals, effective contributors and successful learners'. See our website for more information www.chas.org.uk.

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REGISTRATION FORM

Just fill in your details below and we'll send you a free activity pack so you can get chilling!

Title: _____

First name: _____

Surname: _____

Email: _____

If you would like to be sent information about CHAS by email, please tick this box.

Tel: _____

Position in school: _____

School name: _____

School address: _____

Postcode: _____

What activity are you doing?: _____

How many people are taking part?: _____

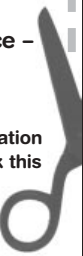
What date is the event?: _____

Please send me _____ sponsor forms.

Please return this form to your local CHAS fundraising office - see the Contact page for details.

Data Protection: This leaflet is from CHAS. CHAS do not pass on your details to external companies. We may wish to send you further information about CHAS. If, however, you would prefer not to be mailed, please tick this box.

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