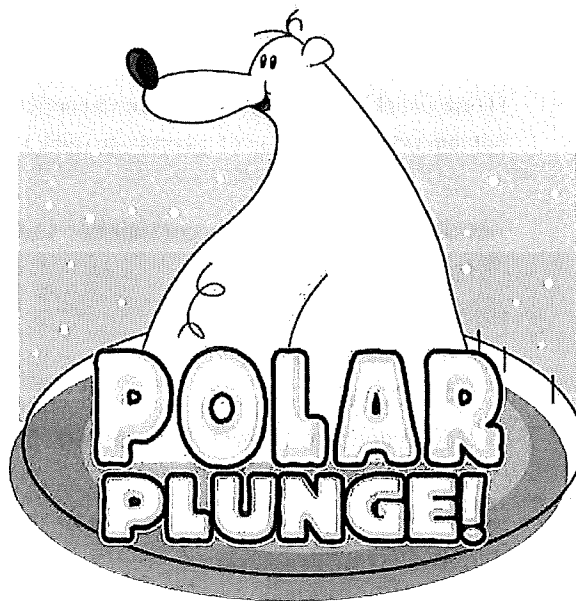


NHA: Bringing the Plunge to NHA 2023 Indoor Polar Plunge Fundraiser

Join the NHA Staff and Students on February 24th!

So throughout the years many staff and students have participated in both the Special Olympics of NJ (SONJ) and the Sparta Elks Polar Plunge. This year, we are bringing the Plunge to NHA.

Students have the option to "plunge" their hands in an ice filled bucket, "plunge their feet" in an iced pool or to participate in a "plunge" at home and share the video/pictures with us at school.



For students and staff to participate, we have a Tiered Donation system:

Plunge hands \$5.00 at school in a bucket

Plunge feet \$5.00 at school in a bucket

Plunge from home: \$10.00 (you can plunge in your bathtub, a hot tub, the YMCA pool etc...(bathing suits please)

Plunge the Teacher (in a portable tub at NHA) - If your child's class raises \$25.00 or more we can plunge a teacher. If the teacher matches the plunge, the teacher will not get plunged!

Plunge the school counselor (in a portable tub or dunk tank)- If any one classroom raises \$250

Plunge the Principal (in a portable tub at NHA)- If the school raises \$500 or more the Principal will be plunged!!!

**All donations to participate will be donated to either the
Sparta Elks or SONJ.**

We will have a day of indoor events on Friday, February 24th, 2023.

We would love our families to help us by working with us to set up the activities and participate in the fun and games with your children. Please let Corrie know if you are interested in the following:

1. Working with your child's teacher/related services staff to set up an activity (we have a list of them)
2. Working with your child's teacher/related services staff to set up/prepare/and participate in Polar Plunge Snack activities (we have a list)
3. Prefer to donate supplies/materials (we of course have a list)
4. Prefer to just come, enjoy, watch and take some photos

Parent Name: _____ Student Name _____

Please check below if you would like to participate or donate. If you will be coming, please indicate at the bottom with the number of guests you will be bringing.

Activities that you can participate in with your child's teacher or related services staff:

- Snow Painting
- Freeze dance
- Pass the Snowball
- Shovel race
- Make your own Snowflakes- coffee filters
- Icicle relay race
- Marshmallow Stack Contest
- Make Polar Bear Masks
- Make Snow Slime
- Ice Fishing
- Other: Please list your idea or thought here:

Polar Bear Snack Making/Creating that you can participate in with your child's teacher or related services staff member:

- Polar Bear Pancakes
- Polar Bear Pretzel pops
- Polar Bear Paw Print Cookie
- Frost Bites
- Polar Bear Ice Cream Cups
- Polar Bear Pudding Cups
- Other: Please list your idea or thought here:

Polar Bear Supply Donations

White cotton balls any size (about 400)
Coffee filters (about 200)
Marshmallows- asst sizes/colors (about 30 bags)
Pretzel sticks (about 10 bags- 1 for each classroom)
Ice Cream Cups- Vanilla (about 50 ind. cups)
Vanilla Snack Size Pudding (about 50 ind. cups)

White Glue (2-3 gallons)
Borax (3-5 boxes)
Brown M&M's (10 bags)
Variety of boxes (sizes assorted)

Prefer to attend

Attending? Yes or No Number of guests _____