



# Program FAQs

## What is SC FitMe?

*SC FitMe* is a new SCAHPERD sponsored, educational based online program is designed to assist schools with fund raising while promoting physically active lifestyles and wellness in our students, schools, communities and throughout the state of South Carolina. Bottom line, it all begins with a strong, active, fit ME!

## Why should my school participate in SC FitMe?

*SC FitMe* is flexible. Teachers choose the structure and theme of the program, the culminating event, when to host the event, the student incentives, the non-profit to support, and how to use the money raised. SC FitMe uses an online fundraising platform but allows for offline donations as well. Teachers are provided with an "Teacher Toolkit" that provides lesson plans ideas, timelines, event and incentive ideas, and more.

## Where do our donations go?

- **65%** of funds raised go back to program/school (gross, cash—not gift certificates). Schools are encouraged to “pay it forward” by giving 10% of the funds to a non-profit of their choice.
- **25%** covers program administrative fees (in line with non-profit best practices, includes online platform & teacher “give back” incentives).
- **10%** to SCAHPERD to support the development of essential resources for physical educators and critical advocacy efforts at the district, state and national level.

## How does the non-profit receive the money from our school?

At the end of your fundraising campaign, you will complete a *SC FitMe Fundraising Campaign Summary* and a *Charity Consent Form*. If your school collects offline donations, a check for the lump sum should be sent to SCAHPERD within 2 weeks of the event date. SCAHPERD will send the check for 10% to your selected non-profit and a check for 50% will be sent directly to your school.



## **How is SC FitMe different from other fundraising programs?**

*SHAPE America's, Health.Moves.Minds - SC FitMe is similar to Health.Moves.Minds.* in that there is flexibility in choosing the event and student incentives. They give 50% back to the school in the form of a Gopher gift certificate. If schools "pay it forward", 25% of school's designated funds go to the non-profit. The remaining funds go to SHAPE for program expenses (25%), state AAHPERD (if signed on to program (up to 15%) and SHAPE for supporting advocacy efforts and development of resources (10%).

American Heart Association's (AHA), *Kids Heart Challenge* - The program has a very similar set up to Jump Rope/Hoops for Heart. AHA provides student incentives, Schools receive approximately 10% (net amount) of funds raised - majority in the form of a US Games gift certificate and remainder in contribution to school. Participating school also eligible for small grants.

Both programs specifically addressing social and emotional learning. *SC FitMe's* focus is to promote a strong, active and healthy lifestyle. While both programs are good programs, *SC FitMe* offers more flexibility, more choice, and more overall return on investment for school

## **What if my school does its own fundraiser with 100% of the funds going back to the school?**

That's great! If your school is interested in using an online platform for your event, SCAHPERD would work with you. This would also include an event web site. Administrative fees for the online platform would be 15% of total funds raised. If interested, please complete the online inquiry form at <http://bit.ly/scfitme> and we will set it up.

**FOR MORE DETAILS, CONTACT US AT**

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