



Dress Up 2 Curesm



www.dressup2cure.org

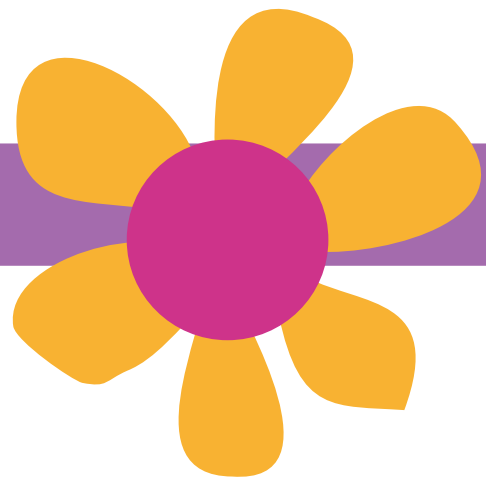
Have fun. Be silly. Help cure Rett Syndrome!

School Guide 2010



Contact: Kelly Butler kelly@girlpower2cure.org 260-868-4802

Welcome!



Hello!

Thank you for your interest in Dress Up 2 Cure Day!

This event is organized by Girl Power 2 Cure, Inc., a 501c3 non-profit dedicated to raising awareness for Rett Syndrome -- a devastating neurological disorder that strikes only girls. The Dress Up 2 Cure event kicks off Autism Awareness Month for its 4th year in April 2010.

Rett Syndrome is the most severe form of autism and the leading cause of severe impairment in females. The condition randomly strikes another baby girl every 90 minutes, leaving them unable to speak, walk or use their hands. Medical experts consider Rett Syndrome research the key to understanding related disorders such as Parkinson's and Alzheimer's.

School kids across the country will get into the spirit of April Fools' Day wearing mismatched outfits, crazy hats and all kinds of silly attire to support research for Rett Syndrome.

I started Girl Power 2 Cure with a mission to raise awareness and funds to combat a disorder that affects close to a half million girls and women worldwide including my daughter Sarah.

Today, there is no cure. But Rett Syndrome is CURABLE! Amidst the mass confusion going on within their central nervous systems, they are smart, strong, and waiting patiently for us to unlock the door to their recovery. Families around the globe are celebrating recent research that proves Rett Syndrome is reversible!

This packet contains information to make your event a huge success! We hope you will join us in raising the much needed funds to make Rett Syndrome the first reversible neurological brain disorder.

Ingrid Harding
President and Founder
Mom to Sarah (RTT) age 9



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www.dressup2cure.org/schools*

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Dress Up 2 Cure

Get your school involved with this great event!



what: Simple! Kids get to dress up silly on April Fools' Day in exchange for spare change to support Rett Syndrome research!

why: April is Autism Awareness Month. Rett Syndrome is the most severe form of Autism and the only Autism Spectrum Disorder with a known genetic cause.

when: **Thursday, April 1, 2010** (or another convenient day in April)

where: your school

how: We'll provide you with step-by-step instructions and everything you will need to make this day an easy, successful, and worthwhile event for you to organize. We even provide your school its own web page to upload photos and connect with other schools across the country who are joining us!



Preparing for the Event

Our goal is to make this event a huge success at your school -- for everyone! The teachers should feel well prepared, the students should feel excitement and high self-esteem, and everyone should have a good time, learn something new, and feel a great sense of accomplishment in helping others.

Opportunity for Leadership

This is an amazing opportunity for an organization at your school to take this on as a leadership project. The group will put skills into action as they plan, organize, publicize and carry out their Dress Up 2 Cure event. The group can even reach out and work with groups from other schools in the community. They can design posters, run competitions, speak in front of each classroom, learn to tally results.

Groups to consider: Service Club, Theatre Department, Health Club, Sports Clubs, Speaking Club, Cheerleaders, Honor Society.

Opportunity for Teamwork

Offer competitions between classrooms and/or grade levels! For the winning classrooms, offer a prize like "win an extra recess!" or "no homework pass" or "eat lunch outside." They will also feel a sense of accomplishment knowing they have helped others and completed a challenge as a team.

Opportunity for Creativity and Fun!

Hey! It's April Fools' Day! And what would that day be without a few pranks? Here is an idea: prior to the event, each class dreams up a prank they can play on the other classes in their grade. Then, on April 1st, the class who raises the most money (kept a secret to the other classes of course!) gets to carry out their prank.

Switch desks around while another class is at gym. Set up all their chairs outside. Make them have to walk backwards in the hall for the afternoon.... let them get creative!

Opportunity for Education and Awareness

In this kit, we have a list of lesson plans for the classroom that allows the students to engage in the Dress Up 2 Cure event while having an educational focus. Please make sure your teachers have this information. All of the lessons plans are available in detail at www.dressup2cure.org/schools.

Opportunity for School Recognition

All participating schools will receive recognition on our web site and we will send press releases to your local media. This is a wonderful photo and story opportunity which will add to your school community's pride.

Organizational Timeline

Here are a few suggestions to keep your event running smoothly:

Pre-event planning:

- Recruit a school leader / student group to organize the event as a service project.
- Seek approval from administration and/or school board.
- Submit school event registration form (enclosed) or online at: www.dressup2cure.org/schools
- Get April 1st written on all school calendars
- Share info with teachers, including enclosed curriculum ideas to go with event (Curriculum ideas also accessible online at www.dressup2cure.org/schools)
- Plan publicity (teachers, students, parents, administration, etc.).
- Determine distribution of kids' fundraising materials.
- Approach local community businesses to match efforts.

Week before event:

- Discuss at staff meeting.
- Set up logistics for event day.
- Set up publicity to parents, community, etc.
- Photocopy materials for each teacher.
- Distribute materials to teachers.
- Confirm any help from parents or other volunteers needed.

March 31st

- Send home reminder to dress up flyer/slip (page 13)

Thursday, April 1st, 2010:

Teachers collect donations and send to main office (collection envelope, page 15)

Fill out administrative donation form (page 14)

Send check for total amount collected:

Payable to:

Girl Power 2 Cure, Inc.

Attn: Dress Up 2 Cure Collection

2891 Breakers Court

Amelia Island, FL 32034

Checklist for Success

Recruit a school leader / student group

Share this packet of information with one or more designated School Leaders / School Groups and encourage them to organize a "Dress Up 2 Cure" event as a group project.

Plan for the event

Make decisions about the following:

How to publicize? Announcements, flyers, posters, etc.

What types of competition? Between classes, grades, or even amongst local schools?

What types of prizes? Extra recess, no homework, eat lunch outside?

Will you incorporate pranks? set the guidelines

Publicize the event

Present materials at the PTA meeting, school newsletter, school bulletin boards

Prepare each classroom teacher with enclosed teacher letter

Send home attached letter to parents

Make sure it is on all school calendars

Schedule student leaders to talk with each class about the event

Send home reminder the day before event

Announce over the PA system

Create enthusiasm

Promote incentives for achievement and develop friendly competition between grades or classes. Rewards, like no homework passes, are fun incentives! Another great way to create some real buzz amongst the students is for the staff to offer to do something silly as well! Example for a female teacher: If all students in my class participate, I will come to school dressed like Mr. Smith (the principal) tomorrow!

Collect donations

Establish an internal way to collect and count the money received by students. Teachers can collect from each child and tally their classroom results. A person in administration can tally the results for the school. All checks should be made payable to Girl Power 2 Cure, Inc.

Celebrate success

Submit photos of your event to us and we will create an online slide show that you can post on your custom Dress Up 2 Cure web page -- or on your school web site. It will be so much fun for everyone to look at the pictures of everyone in their crazy outfits!

Classroom Curriculum

Make the most of your Dress Up 2 Cure event by adding in these great curriculum ideas! There are lessons for all ages.

Full lesson plans, examples and materials for download are available at:
www.dressup2cure.org/classroom

Garden of Hope (Pre-K through 2nd grade)

The Garden of Hope concept is for younger children to express their hopes and joys to girls suffering from Rett Syndrome through art. Each student works on their individual flower for the Garden in advance of Dress Up 2 Cure Day (April 1st). On the day of the event, display the students flowers together as a garden.

Skit Masters (3rd grade and higher)

Skit Masters is a creative, hands-on approach to teaching children about living with a disability. Leading up to Dress Up 2 Cure Day, students can work on their skits, then perform them for each other on the day of the event.

Skit concept:

Students get into small groups of 3-5 to write a short skit (no more than 2-3 minutes). They will then perform the same skit four times, each time with a "twist." The twist here is that one of the characters in the skit loses an additional skill (the ability to walk, talk or use their hands) for each run-through of the skit. This is a powerful way to learn empathy for the disabled, as well as creative problem solving.

Disability Career Awareness (2nd grade and higher)

Children with severe special needs have a team of skilled professionals who help them throughout their lives. Learn about these wonderful careers such as: special education teacher, aide, speech therapist, occupational therapist, physical therapist, doctor, nurse, researcher, advocate, equipment engineer, nutritionist, and pharmacist; many of which are right at your school!

Visit our site for ideas on getting your students some hands-on experience with these fulfilling careers.

Adaptation Creation (5th grade and higher)

A great way to enforce higher level skills such as math, science, and engineering, is to have students try and "ADAPT" a toy for a special needs child. Many children cannot use their hands very well, but can hit a switch with another part of their body to activate a toy. We will teach you how to adapt off-the-shelf toys and build a switch to control them!

20 Things You Can Do!

**Here are 20 Things YOU could do to help out someone with special needs.
Read the list, then see if you can come up with 5 more!**

Email your ideas to: 5morethings@dressup2cure.org.

We will post the best ideas on our web site!

1. Smile and say hello.
2. Take someone on a walk on a nice warm day. Pushing a wheelchair can be fun!
3. Visit with your pet. Oh the joy a wiggly, warm ball of love can bring to someone who is confined to their wheelchair.
4. Make something for them. A drawing, a paper flower, a pretty button to wear. Show your friendship with a special homemade item.
5. Visit the special needs classroom at your school. Offer to read books, help with a craft, help the teacher.
6. Dance! Visit with your favorite music and have fun "dancing!" Even if you can just hold their hand and move to the beat! Bring a few fun scarves with you!
7. Invite a family with a special needs child to a church function. Offer to help with the child so the parents can talk and enjoy their time. Many families do not get out much because it can be very difficult to manage all by themselves.
8. Have a picnic! You will have to know what special diets the person is on and learn how to make some of the special foods. But an afternoon with a few families at a park is a wonderful time to be together.
9. Bring your special friend to a school event or game! Having kids their own age meet them at an event really helps.
10. Blow bubbles. This is a fun outdoor activity, especially with our Rett girls!
11. Find a park with a handicapped swing. Meet up at the park and push her on the swing.
12. Help a family out. Offer to help with yard work, cleaning out the garage, etc.
13. Be a grocery shopping buddy! If you are too young to babysit, you can still go with the family and help in the store. The extra pair of hands to push a cart or entertain a baby sibling is a big help. You can imagine it would be hard for a mom to push a cart and a wheelchair at the same time!
14. Help out at a doctor's appointment. Go with the family to the appointment. You can stay in the waiting room with your special friend so the parents can speak with the doctor without distractions.
15. Car wash! This is a fun activity you can do right in the driveway on a warm sunny day. Help your friend squirt the water, dip her hands in bucket of suds, sing some songs!
16. Beauty time! Get together with your friend and brush her hair. Put in all kinds of bows. Do your hair too! Sit in front of a mirror and pose and make faces. Take a picture of the two of you that you both will cherish forever!
17. Go with your mom to their house to babysit. Even if it is just so the parents can go for a walk.
18. Make flash cards and other helpful items. Talk with the family about what kinds of things they use to communicate with their daughter. Many use flash cards and other homemade items that are time consuming to make. You could be a very big help with this!
19. Make dinner for a family with a special needs child.
20. Make up a game. This is a big challenge! You have to come up with something you can do without walking, talking or using your hands!

21. _____

22. _____

23. _____

24. _____

25. _____



Thursday, April 1st

bring your **spare change**
and wear your silliest outfit to
school!

Organized by:
School contact:

Dear Teachers and Staff,

Our school is proud to participate in "Dress Up 2 Cure!" -- a national event to kick off Autism Awareness Month. All students are invited to come to school on April Fools' Day dressed up in a silly outfit in exchange for a \$1 donation.

We encourage all classes to participate through their homeroom. A corresponding curriculum guide is available on their website at www.dressup2cure.org/classroom. There are four activities for different age levels that incorporate disability awareness with skills such as arts and crafts, writing, creative problem solving, engineering, careers, public speaking and advocacy.

As a way to increase participation, each grade is asked to come up with a friendly competition between the classes. You can decide on the rewards and additional activities.

Here are some examples: The class who raises the most money gets an extra recess, no homework passes, passes to eat lunch outside. Or you can get involved by challenging the kids: i.e. "If everyone in my class participates, I will do _____."

PRANKS: Yes, it's April Fools' Day! Within reason, the kids can come up with a secret prank they will pull on the other classes if their class should win... ie switch desks around, hide chairs!

Read more at these links:
www.dressup2cure.org
www.girlpower2cure.org
www.rsrt.org

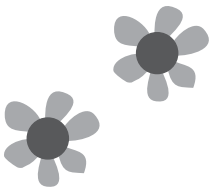
Sincerely,

More about Rett Syndrome:

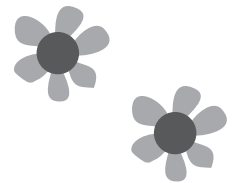
There are hundreds of thousands of girls battling Rett Syndrome, the most severe form of autism, and we want to help! New research proves Rett Syndrome is reversible. With help from school children across the country, we can help put an end to this devastating disorder.

- Rett Syndrome is a debilitating neurological disorder that only affects girls.
- It is the most severe form of AUTISM.
- It is the leading cause of severe impairment in girls - most cannot speak, walk or use their hands.
- Another little girl is born with Rett Syndrome every 90 minutes.
- Rett Syndrome is as prevalent as Cystic Fibrosis, Huntington's and ALS. There are close to half a million girls and women battling Rett Syndrome worldwide.

100% proceeds go to Rett Syndrome Research
Sponsored by Girl Power 2 Cure, Inc. a 501c3 non-profit organization



April 2010



Dress Up 2Curetm

www.dressup2cure.org
have fun. be silly. cure Rett Syndrome

Dear Parents,

All students are invited to come to school on April Fools' Day dressed up in a silly outfit! Our school is proud to participate in "Dress Up 2 Cure!" -- a national event to kick off Autism Awareness Month.

There are hundreds of thousands of girls battling Rett Syndrome, the most severe form of autism, and we want to help! New research proves Rett Syndrome is reversible. With help from school children across the country, we can help put an end to this devastating disorder.

So, get out those wacky outfits and let's have some fun on April Fools' Day to help raise money to support the research. Thank you for your support of this worthy cause.

Read more at these links:
www.dressup2cure.org
www.girlpower2cure.org
www.rsrt.org

More about Rett Syndrome:

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* It is the most severe form of AUTISM.

* It is the leading cause of severe impairment in girls - most cannot speak, walk or use their hands.

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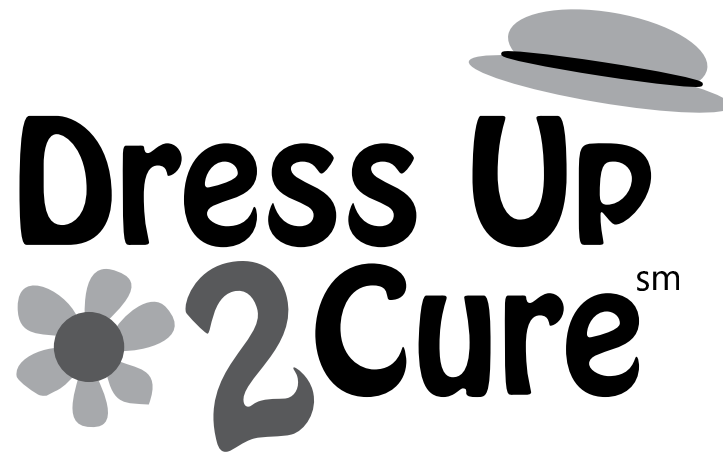
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Thank you!

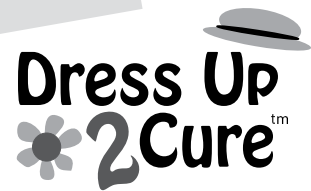
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Student Reminder! Tomorrow...

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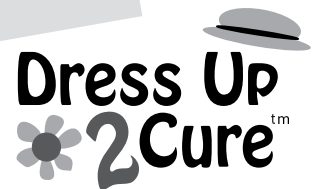
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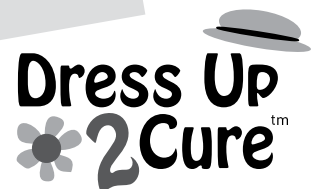
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STEP 3: fold along this line for a top flap and seal with tape after collection

Dress Up 2 Cure Day

STEP 2: seal edges with staples or tape

Homeroom:

Teacher Signature:

Amount collected/enclosed:

STEP 2: seal edges with staples or tape

STEP 1: fold under along this line to create envelope pocket

Registration Form

To register online, go to www.dressup2cure.org/schools

By mail: return this form to:
Girl Power 2 Cure, Inc.
3995 W. Landis Rd.
Angola, IN 46703

Questions? Contact:
Kelly Butler, Program Director
kelly@girlpower2cure.org
260.868.4802

Provide school's information:

Name of School:

Address:

City:

State:

Zip:

Phone:

If there is a girl with Rett Syndrome within your school community, please let us know!

Provide event coordinator information:

Name of coordinator:

Position at the school:

Email:

Phone:

If you have been working with one of our Recruiters to get signed up for this event, please write their name here:

Additional information needed:

- SCHOOL WEB PAGE** (visit www.dressup2cure.org/schools to see an example)
Check this box if your school would like to set up a web page

Your page can contain:

- up to 50 photos (pre- or post-event...we will create an online slide show for you!)
- a story about why you are participating
- a donate button for families to make additional contributions in honor of your school

* PRIVACY: During the web page setup phase, you can let us know if you would like your page linked from our school page, or kept private for viewing only by your school community.

- SLIDE SHOW ONLY** - Check this box if you do not want a web page, but would like us to create a slide show for you to post on your school website or email to your parent/staff email list.

FAQ

Who we are:

Girl Power 2 Cure is a national non-profit organization dedicated to raising awareness and research funds for Rett Syndrome. Gearing up for our 4th year, our annual fund-raising event is "Dress Up 2 Cure" which takes place on April Fools' Day. (www.dressup2cure.org) Our founder, Ingrid Harding, has an 8-yr-old daughter, Sarah, with Rett Syndrome.

Where do the proceeds go?

100% of the net proceeds will go directly to Rett Syndrome research through the Rett Syndrome Research Trust (www.ReverseRett.org).

Are donations tax deductible?

Yes! We are a 501(c)(3) foundation, and your donation is tax-deductible to the fullest extent allowed. All donations over \$25 will receive a receipt they can use for tax purposes. Our EIN is: 20-8011668.

What is Rett Syndrome?

Rett Syndrome is the most severe of the Autism Spectrum Disorders. It predominantly affects girls. This devastating neurological disorder robs the girls of speech, purposeful hand movement, the ability to walk and plagues their lives with countless struggles with uncontrollable seizures, digestive complications and sleep deprivation. Approximately 8,000 girls are born with Rett Syndrome each year. It is as common as Cystic Fibrosis, ALS and Huntington's Disease. Read more and watch a short video at www.dressup2cure.org/video.

How do I get our school a web page for this event?

All schools have the option to have a web page at www.dressup2cure.org to help connect the school community to this cause. We will make a slide show of your event photos to post on your page. There will also be a donate button for families and staff to make donations in honor of the school. You decide if this page is linked on our site for public access, or if you just wish to share the link with your immediate school community.

VISIT www.dressup2cure.org to sign up for a web page! Or simply mail in the form in this packet to get started.

How do I make changes to my web page?

You can make changes anytime by emailing changes@girlpower2cure.org.

Can we accept donations by check?

Yes! You may collect donations in check. All checks should be made payable to:

Girl Power 2 Cure, Inc.
2891 Breakers Court
Fernandina Beach, FL 32034