

Relay Recess 101



How can your students become superheroes in the fight against cancer?

The Relay Recess program brings the American Cancer Society Relay For Life, the world's largest movement to end cancer, to elementary schools nationwide. It provides students, teachers, and administrators the opportunity to become heroes in their own communities by celebrating people who have battled cancer, remembering loved ones lost, and fighting back against a disease that has taken too many lives. It also brings cancer education and community service to the classroom in a fun and exciting way.

The Relay Recess program also engages elementary school students in the fight against cancer through fundraising activities that support cancer programs and services in every community. In addition, it gives students the chance to get out of the classroom and have fun with entertainment and activities that reinforce what they have learned. Because the program is so flexible, it is different at every school and is an excellent opportunity to showcase unique qualities about your school and your community.

How does the Relay Recess program impact your students and your community?

The Relay Recess program provides an excellent opportunity for elementary schools to get involved in their communities by uniting teachers, students, parents, and the rest of the community to support a common cause. It also engages students in the fight against cancer, allowing them to make a difference in their community while also developing healthy behaviors that will reduce their cancer risk. Students will benefit by:

- Learning to set and achieve goals
- Increasing knowledge of healthy behaviors that will help them stay well
- Building school spirit and making friends
- Developing a lifelong passion for philanthropy

What is expected of school teachers and administrators?

The Relay Recess program is built around three components: education, physical activity, and fundraising. Participating schools receive everything they need to implement the program – materials and activities to help educate students about what causes cancer and steps they can take to reduce their cancer risk and lead healthy lives, as well as helpful ideas for fundraising.

Relay Recess educational materials, activities, and supplies are based around four focus areas: physical activity, nutrition, sun safety, and tobacco prevention. The American Cancer Society will also assist teachers and students with fundraising both in the classroom and online on your school's event page. Because each school's Relay Recess program is different, your American Cancer Society liaison will work with your school's teachers and administrators to plan an educational and exciting program that meets your needs.

How do I get my school involved?

To bring the Relay Recess program to your school and empower your students to become superheroes against cancer, contact the American Cancer Society at **1-800-227-2345** or visit **RelayRecess.org**.

