



THE WAY

TERM 3 | FRIDAY 30
AUGUST 2019



Every dollar we
raise will support
people living with
cerebral palsy.

Donate online at
stepember.org.au

STEP OUT IN STEPTEMBER FOR CEREBRAL PALSY

In September, Thomas Hassall students and staff will be strapping on their sneakers and committing to clocking up 10,000 steps (or equivalent) per day to get active and raise money for cerebral palsy.

Every step taken and every dollar raised will have a powerful impact on many people's lives: from funding leading cerebral palsy research, to providing specialised support services, equipment and life skills programs that will enrich the lives of people living with cerebral palsy.

Come Stepembering with us this year! Stepember officially starts **3 September** and runs until 30 September. Register as a team of 4 at www.stepember.org.au and enter the password **THAC2019**. You can even log other activities like dance, swimming, cycling and pilates as it will convert those activities to equivalent steps.

Once you register, you'll receive your very own Stepember Kit, which includes a pedometer to count your steps, and access to the Stepember website, where you can track every step. Signing up is quick and easy. We hope you're join us!

For more information, email Miss Friel at nfriel@thac.nsw.edu.au.