

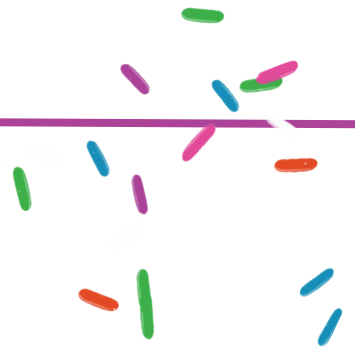
42K Your Way
Schools


Children's
Hospital
Foundation



What is

42k Your Way Schools



42k Your Way | Schools is an easy, FUN way your school can raise funds for the Children's Hospital Foundation.

During August, pick a date that suits your school for a FUN-RUN. You can choose when, where, and the distance you want to go, and we will provide the why.... to help sick kids!

Last year the event raised over \$175,000 to support sick and injured kids across Queensland by:

- Providing patient and family support to sick and injured kids in hospital
- Funding vital and life changing state-of-the-art equipment
- Giving families hope for a better future for their child by funding ground-breaking research.

This year we need YOUR school to help us raise even more, so we can really go the distance for sick kids!

Signing up... is as easy as 1, 2, 3!



1 Pick a date to host your school FUN-RUN.



2 Register for FREE as a team online **42kyourway.org.au** (please make sure you click anyone can join my team). Once you have registered, please email **fundraise@childrens.org.au** and let us know the date of your FUN-RUN. We are happy to help you in any way we can.



3 Share your fundraising page with families, students and teachers so they can join your school's team. As a special little thank you, everyone who signs up and creates an individual fundraising page will receive a \$50 Active Truth voucher.

How you will make a difference

There are so many wonderful ways to help sick kids. Together we can work wonders for sick kids by funding life-saving medical research, investing in vital new equipment, and providing support and entertainment for children and their families.



Research

Your fundraising will help fund the research that's needed for faster diagnoses, better treatments and ultimately cures for some of the most devastating childhood illnesses and injuries.

\$8.2 million

went into funding research during FY20/21



Equipment

Your fundraising will help us invest in state-of-the-art medical equipment that changes the lives of thousands of sick and injured kids and their families.

\$3.3 million

went into hospital equipment of which \$427,330 supported 20 regional hospitals during FY20/21



Patient and Family Services

Your fundraising will help us support sick kids and their families by providing entertainment programs, the Kidzone playroom, music therapy and bereavement support.

\$1.4 million

was funded into patient and family services at Queensland Children's Hospital facilities state wide FY20/21

Ways to get the word out

Share news of your event and fundraising page far and wide!

You could promote your page through Teams chats, email Heads of Departments, and teachers and use the school's newsletter to get the word out to the community.

- Let families and students know that they can fundraise outside school in their community to add to the school's total if they would like to
- Let all families know that it is a gold coin donation for students to participate in the FUN-RUN
- Tell the local newspapers about your event and invite them along!
- Hold a raffle on the day of the FUN-RUN and ask local businesses to get involved
- You are welcome to hold other fundraising activities throughout the month of August to help boost your total! You can check out our fundraising toolkit here for a list of ideas. If you need any help, please get in touch.



One the day of the FUN-RUN

Log your school's km's at the bottom of your fundraising page:

My Fundraising ➡ My Fitness Activity

Here are a few different ideas on how you can complete your 42km:

Option one

Kids of all ages walk or run 4.2km around an oval on one day in the month of August.

Option two

Divide the number of kids in the school by 42km and each student runs this distance. Eg. If there are 200 kids in the school it would be $42,000\text{m} / 200 = 210\text{m}$ each.

Option three

Do it your own way!

The possibilities are endless, but with every km you'll be getting fit, having fun and best of all you be helping sick kids and their families.





Do it for sick kids like Sofia



In March 2019, when Sofia was nine years old, sore knees prompted a routine X-ray of her legs.

It revealed there was a mass located just above her right knee. Her doctor at Queensland Children's Hospital ordered more tests which sadly revealed the mass was a malignant tumour. She was promptly diagnosed with high-grade osteosarcoma – a type of bone cancer.

One week after the diagnosis, Sofia started chemotherapy. Following four rounds of chemotherapy, Sofia went into the operating theatre in July 2019 to have the tumour on her leg removed using 3D surgical navigation equipment, which was funded by Children's Hospital Foundation donors. The procedure, called a 'rotationplasty', was rare and complex.

A rotationplasty is a partial amputation of the leg, ankle and foot, and subsequent re-attachment of the healthy lower part of the leg, ankle, and foot to the remaining part of the femur, with the foot rotated 180 degrees.

Sofia returned to normal life and remained in remission for the entirety of 2020.

However, in March 2021, she complained of a pain in her back. An MRI and scan discovered more tumours – Sofia had relapsed aggressively in five different spots. She, once again, began chemotherapy and radiation again for more than six months, when doctors advised it was potentially dangerous to continue any further chemotherapy due to Sofia's size and age. She continued with a maintenance phase of chemotherapy, which is given via daily oral tablet.

To the marvel of both her treating team and her parents, in December 2021, Sofia underwent another scan which showed no evidence of activity of disease, meaning Sofia is now stable again.



Do it for sick kids like Flynn



Eight-year-old Flynn from Moreton Bay has had a tough few years, but his troubles won't dull his wonderful smile.

Life changed forever for Flynn and his parents, Ashle and Mitchell, when surgery was recommended to remove a lump on the palm of his hand in March 2020.

When surgeons were unable to remove the lump, as whatever it was had wrapped itself around Flynn's muscles and nerves, a biopsy was taken and sent for testing. A week later, his parents were given the news that Flynn had an extremely rare cancer called epithelioid sarcoma. Epithelioid sarcoma is a slow-growing type of soft tissue cancer, commonly found in the finger, hand, forearms, lower legs or feet.

Flynn was transferred to Queensland Children's Hospital, where he underwent further tests. Three teams of doctors, including an oncology team, a plastics team and an amputation team met with the family when it was determined that Flynn would have to have his pinkie and ring finger amputated, all the way up to his wrist. He also had a free muscle and skin flap put on to cover the amputation site, so the remainder of his hand and fingers could be preserved. The total surgery time was nine hours.

"We were so nervous and stressed, at the end of the day, we just wanted our little man to be OK and go back to enjoying life like any other eight-year-old," Ashle said. "Flynn has been extremely brave throughout the journey, and he's hasn't once complained about his situation. We have had so much support from friends and family, as well as everyone at the Children's Hospital Foundation who have worked hard to keep a smile on his face."

Thankfully, Flynn is currently doing great and has coped with the surgery very well. He is back to doing all the things he loves like soccer, riding his bike and skateboard, reading joke books and drawing.

Stay Connected!



With the support of generous donations, the Children's Hospital Foundation is committed to making a difference in the fight against childhood illness and injury so that every child can grow up as happy and healthy as possible.

Click [here](#) to see how your donations work wonders for sick and injured kids.

If you have any questions or need any help to go the distance, please get in touch with our Community Fundraising Team.

Eloise Kimpton and Becky Hughes

✉ fundraise@childrens.org.au ☎ 07 3606 6100

Interested in partnering your business with us? Get in touch!

✉ partnerships@childrens.org.au ☎ 07 3606 6100

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