23–29 JULY 2017

ALL CHILDREN NEED HEROES. SOME NEED SUPERHEROES

superheroweek.com

SUPERHERO RESOURCE KIT

bear cottage

The Sydney children's Hospitals Network
care, advocacy, research, education

bear cottage
About Bear Cottage

Bear Cottage is the only children’s hospice in NSW and one of only two in the whole of Australia. We provide support, respite and end-of-life care for children with life-limiting illnesses and their families.

At Bear Cottage, we care for kids from across Australia and from all walks of life. Each child that visits us lives with a condition which means they are unlikely to see their 18th birthday, or their ninth birthday, or sometimes even their first birthday.

Bear Cottage is a medically-supported ‘home away from home’, offering families a physical and emotional break from the stressful task of caring for a terminally-ill child.

It is also a peaceful haven they can come to when the end of their child’s life is in sight.

For the special kids that stay with us, there is no happy ending and no miracle cure so we try to ensure that while they are with us they find love, care, laughter, fun and support.

The children and their families can come to Bear Cottage to take a break and re-charge their batteries. Parents can enjoy time without having to worry about the housework and cooking. Most importantly though, they can all spend quality time together and create special memories that will last long after the child has passed away.

About Superhero Week

At Bear Cottage, we come across Superheroes everyday – the nurses and volunteers that support our terminally ill kids, the families that keep finding the strength to fight and care for their children, and our brave children themselves, for whom every day is a battle needing to be won.

They are the inspiration behind the event, which was developed as a fun way to raise awareness for Bear Cottage, as well as some much-needed funds. It currently costs over $3.6 million to keep the doors of Bear Cottage open each year and we heavily rely on community donations to help achieve this.

We are now asking you to become a Superhero for a day, a week or even a year! By supporting Superhero Week and raising funds for Bear Cottage, you will be enabling us to continue providing support, respite and end-of-life care for our beautiful kids.

Like all good Superheroes, you will be helping lighten the load for these children and their families, by ensuring Bear Cottage is always there when they need us most.

Whether you’re at school, at work or with friends – anyone can take part in Superhero Week. Our target for is to raise over $200,000 for the very special children of Bear Cottage, so please get involved! Be a Superhero for the day, because life is for living.
“The day was a big success! We had Group Fitness Instructors, reception team and PT’s all dressed in Superhero outfits. We even painted our PT Manager bright green and auctioned him off as the Incredible Hulk! We raised over $1,000 and have lots of photos to share.”

Julia
Fitness First Balgowlah

“We had a great day at Sir Eric Woodward School today and raised $80 for Bear Cottage. The children and staff had some great costumes and they looked fantastic – they even made the front page of our School Newsletter. Some of our students attend Bear Cottage, so we are very proud to raise awareness and funds to support such a wonderful service.”

Sarah Pawley, Assistant Principal
Sir Eric Woodward Memorial School

“We held our Superhero Day today and we raised $130. We only have 11 students but all of them made an effort to come as a Superhero of some sort and had some fun!”

Belinda White,
White Cliffs Public School

“Deniliquin Child Care Centre had a fantastic Superhero Week raising funds for Bear Cottage! Considering we are a small centre, I’m very proud of the families and staff who donated to the total of $125!”

Deniliquin Child Care Centre
Deniliquin NSW

“We had a fun day this week at Clark Equipment for Superhero Day. The guys got right into it and we raised $3,066 for Bear Cottage.”

Dee O’Connor
Clark Equipment Group

“The day was a big success! We had Group Fitness Instructors, reception team and PT’s all dressed in Superhero outfits. We even painted our PT Manager bright green and auctioned him off as the Incredible Hulk! We raised over $1,000 and have lots of photos to share.”

Julia
Fitness First Balgowlah

“St Mary’s Primary, Warners Bay, held our Superhero Day today and we have counted over $900 so far with a little bit more left to count. Thanks for allowing us to participate in this special event.”

St Mary’s Primary
Warners Bay

“Our little playgroup in North Brisbane had a Superhero picnic last year and have decided to make it an annual event since our bubs all have so much fun. This year we managed to raise $42 from a gold coin donation at the picnic. Hope you all have a wonderful Superhero Week. I love the idea of this event, such a fun way to bring Bear Cottage into the limelight. What you guys do is amazing and we are so proud to be able to do something, as little as it is, to help you out.”

Northside Little Feet
Brisbane
How to get involved

Superhero Week is a great opportunity for your school to support Bear Cottage while having great fun. By getting involved, your students can be Superheroes for the day by supporting seriously ill kids in their community.

Dress up and donate

It wouldn’t be Superhero Week without Superhero fancy dress. Ask students and staff to come to school in Superhero fancy dress and make a donation to Bear Cottage. You can take this to whatever level you wish – it could be full fancy dress costumes or just a mask for the whole day or just at assembly.

Students can decorate their own Superhero mask or rummage in the fancy dress box for a full outfit. If your students can’t dress up why don’t they sponsor the teachers to wear something wacky instead? As well as dressing up, you can have some more fun by holding an extra event to boost the amount you raise.

Favourite fundraisers for schools

Kids get sponsored to do a ‘Super Deed’ in the community
Whether it is washing Dad’s car or helping Gran in the garden – it’s all about helping someone else and raising money at the same time.

Cake sale
Have a bake-off and sell cakes at lunchtime.

Fancy dress catwalk for parents
Let your pupils model their Superhero outfits at a fashion show, selling tickets to parents.

Offer a cartoon/Superhero screening
An alternative activity at lunchtime for a small donation.

Marvellous masks exhibition for parents
Showcase your students’ artwork with an exhibition, charging an entry fee.

Comic time
Offer your class the opportunity to bring in a favourite comic to read for story time instead of a book, for a small donation.

Superhero quiz
Hold a quiz night for friends and family.

Superhero fun run
Hold a fun run or walk-a-thon dressed up as your favourite Superhero and get sponsored for participation or number of laps completed.

Canteen fun
Get your school canteen involved. Get them to make some “Bear Cottage Brownies” or some other super snack that can be sold during Superhero Week.

Get active
Hold a Superhero race or obstacle course on the school oval.

Get creative
Students can write their own Superhero-themed story. It is a good chance to discuss what it really means to be a ‘Superhero’.
Reasons to get involved

• It helps kids understand the importance of helping out in the community.
• It’s fun and simple.
• The materials are provided for you, so you don’t have to do the planning.
• The kids will think it’s fantastic.
• It’s flexible – you can do as much or as little as you want.
• It’s an opportunity for motivational, friendly fundraising competition between classes, year groups or even local schools.
• Your generosity will help us provide a place that is desperately needed by everyday families facing the most tragic of circumstances, a place where children and families can experience happy and precious moments.

Superhero Week checklist

1. Display posters around your school telling them when Superhero Week is and how to get ready.
2. Send a note to parents to let them know about Bear Cottage and Superhero Week. They might like to hold their own event at work!
3. Contact your local paper to let them know how your school is supporting Bear Cottage.
4. Collect your donations and send them in using the Remittance Form provided in this kit.
5. Display your Bear Cottage Thank You Certificate on your school notice board for everyone to see.
6. Say thank you to everyone who made a contribution to your event and remind them of the difference they have made.
7. Send us your photos – we love to see other Superheroes at work!

Costume ideas

• Spider-Man
• Star Wars heroes
• Iron Man
• Batman
• Superman
• Batgirl
• Wonder Woman
• Buzz Lightyear
• Harry Potter
• Hermione
• X-Men characters
• The Incredibles
• Green Lantern
• Ninja Turtles
• Catwoman
Newsletter information

To help you organise your event, please feel free to use the following copy in your Newsletter:

We have chosen to support Bear Cottage by taking part in Superhero Week and by holding a Superhero Day at our school. A gold coin donation will allow students to dress up as their favourite Superhero, or better yet, you can invent your own!

Bear Cottage is the only children’s hospice in NSW, one of only two in Australia, and the only one in the world affiliated with a children’s hospital.

Bear Cottage provides support, respite and end-of-life care for children with terminal illnesses and their families. It costs over $3.6 million dollars to provide this care and they rely heavily on the community for this support. This is our chance to be a hero for their day and support the very special Bear Cottage Superheroes that need our help.

Proceeds from the event will support Bear Cottage. Thank you for your participation!

Every little bit counts

Superhero Week continues to grow each year. From humble beginnings four years ago and with just ten schools involved, this event has now grown. To raise $180,000 in 2015 with schools of all sizes and from all over Australia taking part.

No matter how large or small your donation, every cent counts and is very much appreciated by the children and families who stay with us at Bear Cottage. We thank you for your ‘super’ efforts!
Registration form

Please complete and return by fax to (02) 9976 8303 or email to bronwen.simmons@health.nsw.gov.au to have your Superhero Event endorsed.

**Be a superhero for Bear Cottage**

☐ I/we agree to conduct my/our fundraising activity in a manner which upholds Bear Cottage and The Children’s Hospital at Westmead’s integrity, professionalism and ethos.

<table>
<thead>
<tr>
<th>Signature:</th>
<th>Print name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date:</td>
<td>Donor ID:</td>
</tr>
<tr>
<td>School:</td>
<td>Date of Event:</td>
</tr>
<tr>
<td>Event co-ordinator:</td>
<td></td>
</tr>
<tr>
<td>Event contact details:</td>
<td></td>
</tr>
<tr>
<td>Address:</td>
<td></td>
</tr>
<tr>
<td>Suburb:</td>
<td>State:</td>
</tr>
<tr>
<td>State:</td>
<td>Postcode:</td>
</tr>
<tr>
<td>Email:</td>
<td></td>
</tr>
<tr>
<td>Phone</td>
<td>Mobile:</td>
</tr>
<tr>
<td>ABN:</td>
<td></td>
</tr>
<tr>
<td>Estimated event income</td>
<td>Student enrolment in 2017:</td>
</tr>
<tr>
<td>Details of event:</td>
<td></td>
</tr>
</tbody>
</table>

☐ Please tick the box if your school held a Bear Cottage Superhero fundraiser last year.

**Superhero Week 23-29 July 2017**

[superheroweek.com](http://superheroweek.com)
How to deposit your Superhero Week donations to Bear Cottage

Direct deposit
Deposit funds at any Westpac Bank into the account below:

Bank: Westpac  
Account Name: SCHN SP&T  
BSB: 032 340  
Account Number: 106967

Complete all details below and return by fax to Bronwen Simmons on (02) 9976 8303 or email bronwen.simmons@health.nsw.gov.au

Or

Cheque payment
1. All cheques are to be made payable to Bear Cottage
2. Send the cheque, together with the completed remittance form to:

Bear Cottage
PO Box 2500
MANLY NSW 1655

Contact details

Title:  
First Name:  
Surname:  
Position:  
School Name:  
Postal Address:  
Phone:  
Fax:  
Email:  
Total amount deposited: $  
Date deposited:  
Branch where deposited:

☐ Please tick the box if you do not wish to receive further correspondence from Bear Cottage or The Children’s Hospital at Westmead

Receipting options:
Please indicate how you would like this contribution receipted:  
☐ School  
☐ Personal

Thank you so much for your contribution!

Superhero Week 23-29 July 2017
superheroweek.com
How about making Superhero capes to wear during Superhero Week? Treat the cape like a blank canvas and decorate them any way you wish! Children could copy a well-known Superhero design, create their own Superhero identities or just enjoy making them bright and colourful.

How to make your Superhero Cape
1. Cut your cape from an old sheet or towel, paper or plastic disposable tablecloth or any large piece of material.
2. Decorate your Superhero cape with fabric paint, pens or glitter or by cutting out and sticking other pieces of material on with craft glue.
3. Use a hole punch to cut two holes at the top of your cape.
4. Insert cord, ribbon or cut fabric as ties.

To make your own cuffs you’ll need:
- toilet rolls, glue, textas or paints and glitter.
- Paint/colour the roll with your Superhero colour and style.
- Once dry, cut along the length of the toilet roll to create a cuff shape and a flexible opening.
- Decorate with buttons and stickers if desired. It’s that easy!

The masks can be decorated in any way you wish. Get creative – painting, sticking, sequins, ribbons, glitter. You can purchase plain masks from craft shops and supermarkets. Or use our templates which are provided on the next page.

- Print the template onto card
- Decorate
- Cut out the mask and cut out the inner shapes
- Poke out the string holes
- Attach string or elastic
Spot the difference