

Terry Fox School Run Assembly Speech

PRE RUN





Not all of us are natural public speakers.

So here's a complete package - a speech and video all ready for you, to help you shine.

This speech includes a showing of our Terry Fox School Run assembly video, "Anything's Possible". There is an estimated time duration of the video and each section of the speech in the sidebar to help you schedule.

Feel free to customize this speech to your School's needs.

Invite a cancer survivor to share their story of strength to help motivate your school community. You can also invite any teachers to share their memories of Terry Fox when they were younger.

DURATION	ASSEMBLY SPEECH
<p style="text-align: center;">2 Minutes</p>	<p>Introduction: Welcome everyone and thank you for joining us for our 2019 Terry Fox School Run kick off assembly. My name is _____ <i>your name here</i> _____ and I will be speaking to you today about Terry Fox and the Marathon of Hope.</p> <p>On _____ <i>your Run date here</i> _____ our school will be proudly participating in the Terry Fox School Run. Over 9,000 schools across Canada are taking part in the Run this year and that means that over 3 million students will be fundraising for cancer research in Terry's name. This is one of our most favourite events of the year – we get to celebrate the life of Terry Fox, his Marathon of Hope and show our incredible school spirit as we come together to help others.</p> <p>We all know that Terry Fox is one of our greatest Canadian heroes but sometimes we forget how hard his struggle was and why we continue to do the Terry Fox Run every year. So to begin our assembly, we would like to take a few minutes now to watch a short video from the Terry Fox Foundation.</p>
<p style="text-align: center;">13.5 Minutes</p>	<p>Show Video: "Anything's Possible" Content includes never before seen archival footage:</p> <ul style="list-style-type: none"> • Terry's Marathon of Hope • Interviews with the Fox family • Young Cancer survivor personal stories • Research update from leading Oncologist <div style="display: flex; justify-content: space-around; margin-top: 20px;">   </div>

DURATION	ASSEMBLY SPEECH
<p style="text-align: center;">2 Minutes</p>	<p>Your school fundraising history: We hope you enjoyed that video and feel inspired to support this year’s Terry Fox School Run. I know I am! Our event this year is an opportunity to take action, show leadership and set examples of compassion and kindness towards others. Just like the video says, we can make a difference in the lives of those fighting cancer.</p> <p>Unfortunately, we all probably know someone with cancer, whether it’s a family member or friend, we’re all touched by cancer in some way and now it’s up to us to help them. _____ <i>your school name here</i> _____ has been a proud supporter of the Terry Fox School Run for _____ <i>participation length</i> _____ years, and we have raised an incredible \$ _____ <i>amount raised to date</i> _____ for cancer research. Let’s all give ourselves a big round of applause (wait for applause)! That is a lot of money that we have raised and I know that we can do even better this year.</p>
<p style="text-align: center;">3 Minutes</p>	<p>Our Terry Fox Challenge: For this year, I am proud to announce that our fundraising goal is \$ _____ <i>hope to raise here</i> _____. To help us reach our goal, we have an amazing and very exciting challenge for our Run. Is everyone ready to hear what our challenge is? Okay, our challenge is: If we raise \$ _____ <i>your goal</i> _____, Then _____ <i>name/description of your Challenge here</i> _____ <i>(Invite the Challenge volunteer to come up and say how excited they are!)</i> So not only will we be raising much needed funds for cancer research, we’ll all be coming together to celebrate our great achievement with this fun challenge.</p>
<p style="text-align: center;">2 Minutes</p>	<p>How to donate: If we all work together, we can easily reach our fundraising goal. You can donate online at terryfox.org by searching for our school name or you can click the link to our school page that is being sent out to all of our school families <i>(or if you have access to the internet, consider showing everyone your school’s fundraising page)</i>. Another way to donate is to fill in one of these pledge sheets <i>(hold up a pledge sheet)</i>. If you collect as many donations as possible, we’ll reach our goal in no time and as a special bonus, you’ll get entered into a draw to win a bike from The Terry Fox Foundation. So what are we waiting for?! Let’s make this our best year yet!</p>
<p style="text-align: center;">2 Minutes</p>	<p>Closing and Terry Fox cheer: Our assembly is now coming to a close but first let’s all shout out a special cheer to share our Terry Fox pride!</p> <p>When I say Terry, You say - Fox! Okay? Everyone ready, let’s begin now and we’ll do it three times, and SHOUT it loud!</p> <p style="padding-left: 40px;">When I say Terry, You say - _____</p> <p style="padding-left: 40px;">When I say Terry, You say - _____</p> <p style="padding-left: 40px;">When I say Terry, You say - _____</p> <p>That was awesome everyone! Thank you for coming and let’s have a great Terry Fox Run!</p>