



Catoclin High School

14745 Sabillasville Road | Thurmont, Maryland 21788

Ph: 240.236.8100
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Jennifer M. Clements
Principal

Mary Jacques
Assistant Principal

Jason T. Lininger
Assistant Principal



**2021 CHS Mental Health Awareness Club
Be Kind to Your Mind Wellness Challenge**
<https://chsbekindtoyourmind.weebly.com/>
May 2021: Mental Health Awareness Month

The Mental Health Awareness Club is a student-led organization aimed at bringing awareness to the mental health, wellness, and addictions needs within the community served by Catoclin High School. The school itself is located in Thurmont, Maryland, but we have students attending from several areas within Frederick County, Maryland. In early 2020, several students noticed a need in their community and were driven to address it. Last school year, club members decided to host a 5K event to bring awareness and resources to the community, as well as to raise funds for the various initiatives they hoped to support. The event was scheduled for May 9, 2020. Unfortunately, with the Coronavirus Pandemic, that event was cancelled as students, teachers, and families had to rapidly adjust to virtual schooling.

This year, the Mental Health Awareness Club, or MHAC, has decided that the community has experienced enough loss from the Coronavirus. With school still being attended virtually, and many still social distancing, the 5K event has been transformed into a virtual wellness challenge. MHAC is officially announcing the **Be Kind to Your Mind Wellness Challenge**, which will take place throughout the month of May 2021. May is traditionally known as Mental Health Awareness Month. Now, more than ever, we have an increased need for a focus on mental health and wellness.

Catoclin High School is situated in a small, rural, mountain town in Maryland. Most of the community providers, events, and initiatives in the county are focused on the city of Frederick, and due to transportation or other barriers, many community members are unable to access those resources. MHAC is seeking the community support to highlight the local community and available resources, and to involve others in impacting community wellness.

The wellness challenge will take place online, and MHAC will be posting daily challenges and initiatives throughout the month. Participants of all ages and abilities will be encouraged to post their completed miles on the event website from anywhere. In sponsoring our event, you can show your support to the students and all those they seek to impact. Please support this event and assist MHAC in raising awareness to the ever-increasing mental health needs.

Thank you for your support!

Sincerely,

Sam Wilt, LCSW-C, CCTP
School Social Worker, Catoclin High School
Mental Health Awareness Club Advisor
Be Kind to Your Mind 5K Race Director
CatoclinMHAC@gmail.com



Our students meet or exceed set academic standards, accept responsibility for their conduct, character and achievement, and successfully make the transition to post-secondary challenges.



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Yes, I would like to Sponsor the 2021 Be Kind to Your Mind Wellness Challenge hosted by the Catoclin High School Mental Health Awareness Club!

Sponsorship Tier:

See Sponsorship Opportunities Chart for more details on tiers.

_____ Bronze Level Sponsor - \$100

_____ Sapphire Level Sponsor - \$750

_____ Silver Level Sponsor - \$250

_____ Ruby Level Sponsor - \$1000

_____ Gold Level Sponsor - \$500

Type of Donation:

Please make any checks payable to Catoclin High School.

_____ Monetary Donation – Amount: \$_____

_____ Raffle Prize Donation – Estimated Value: \$_____

Quantity and description of donation: _____

(Examples: gift card, donation of products/services, gift basket, etc.)

Contact Information:

Company Name: _____ Date: _____

Contact Person: _____ Phone: _____

Address: _____


Contact Email: _____

Completed sponsor forms can be submitted to MHAC by email at CatoclinMHAC@gmail.com or by mail or in person to Sam Wilt at Catoclin High School.



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CHS Be Kind to Your Mind Challenge Sponsorship Opportunities 2021

	Ruby \$1000+	Sapphire \$750	Gold \$500	Silver \$250	Bronze \$100
Business Name on Event Website					
Number of Event Participant T-Shirts and Medals	5	4	3	2	1
Social Media Thank-You Post (Shared)					
Sponsor-supplied promotional bag insert (Swag Bag)					
Business Name on Back of Event T-Shirt					
Business Logo on Event Website					
Business Logo on Back of Event T-Shirt					
5"x7" Acknowledgement Plaque to Display at Your Business					
Social Media Thank-You Post (Dedicated)					
Business link on Event Website/ Social Media Pages					
Sponsor-Supplied Text Advertisement on Event Pages/Sites					
Upgraded Recognition Plaque from 5"x7" to 8"x10"					
Sponsor-Supplied Video Advertisement on Event Pages/Sites					
Named as an Event Partner on Event Website, Branding, and Posts					
Business Logo on Digital Event Participant Bibs					

For more details, or to join the event, go to <https://CHSBeKindtoYourMind.weebly.com>