**Appendix C**

**Parent/Guardian Volunteer Request Letter**

Event Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

is providing an opportunity to the parents/guardians of students at our school to participate as a volunteer for our school’s ***At My Best* Play Day** on (Date) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This event has been developed as a celebration of our school participating in the ***At My Best*** ([www.atmybest.ca](https://atmybest.ca/)) program and encourages children to live physically active, healthy lives. The event consists of a day filled with interactive, themed activities about physical activity, healthy eating and emotional well-being. Parent/guardian volunteers, such as yourself, are needed to help run games, set up and take down equipment, supervise, and coordinate activities with the students, ensuring that the day runs smoothly. We are looking for parent/guardian volunteers who are responsible, fun, energetic, respectful, and enthusiastic.

If you are interested in volunteering, please contact me at the email address listed below.

For inquiries or additional information please contact,

Main Contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

School Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_