



Terry Fox School Run - Kick Off Assembly Speech

Ready, set, go! Launch your Terry Fox School Run with an exciting kick off assembly that gets everyone energized and united. Add one of the powerful videos from our [Terry Fox video library](#) to inspire your whole school to start fundraising and reach your goal! (This speech is approximately 20 minutes in length)

SECTION	Kick Off Speech
Introduction 2 minutes	Today, we are coming together as part of something truly special and exciting. The Marathon of Hope has been continuing for over 40 years, and we are so proud to carry forward his incredible legacy of courage, determination, and hope. Terry faced challenges that most of us can only imagine, but he refused to let them stop him. With every step, he inspired Canadians to believe that a world without cancer is possible. Now it's our turn to continue the journey by trying our very hardest to fundraise for cancer research. Every dollar raised brings us one step closer to achieving Terry's dream. Terry started the Marathon of Hope. Together, we can help finish it.
Show Video 8 minutes	Many of us have heard Terry Fox's story before, but I'm going to show a short video now as a great reminder of just how much he overcame to follow his dream. As you watch, think about the challenges Terry faced and how he never gave up, even when things got tough. His Marathon of Hope is still going strong today, and that's because of over 4million students taking part in the Terry Fox School Run. Together, we can all make a difference and help support people and families affected by cancer. <select/play video of choice from Video Library> We hope you enjoyed that video and are feeling as excited as I am for this year's Terry Fox School Run! Every time I hear Terry's story, I'm amazed by what he was able to accomplish. He showed us that determination, courage, and hope can inspire millions of people.

Motivating students to fundraise 3 minutes	You may have already noticed the awesome Terry Fox posters displayed around our school. As we raise money, you'll be able to watch our fundraising total grow on the big goal poster. It's going to be very exciting to see how far we can go when we all work together! To help us reach our goal, we're taking on a special "Try Like Terry" Challenge. Our goal this year is to raise \$____, and if we reach it,<announce reward>! Imagine how amazing it will feel when we hit our target and earn that reward together. But it will take all of us doing our part. Just like Terry never gave up, let's all challenge ourselves to Try Like Terry by giving our best effort to raise money for cancer research.
Your school's fundraising 4 minutes	(for first time schools): This is our very first Terry Fox School Run and we are so proud and excited to be taking part. We look forward to holding our Terry Fox School Run for many more years. (for schools that have done the Terry Fox Run before): Our school has proudly participated in the Terry Fox School Run for <#> years, and together we have raised an incredible \$_____ so far for cancer research. That's an amazing achievement and something we should all be proud of. Let's give ourselves a huge round of applause! One of the easiest ways to support our Terry Fox School Run is by fundraising online! Our school has an online fundraising page where people can make donations or fundraise. Classrooms and students can go to the page and even make their own fundraising page under our school link. Once your page is set up, you can share your link with family and friends to help you reach your goal. Let's see how far we can go together! The more we all share our fundraising link, the more we raise for cancer research. Every donation, big or small, helps us continue Terry's dream and makes a difference for people affected by cancer.
Closing 3 minutes	One of my favourite quotes from Terry Fox is, "I want to set an example that will never be forgotten." And wow, did he ever do that! More than 40 years later, people across Canada and around the world are still inspired by Terry's courage, determination, and heart. Every dollar we raise helps continue Terry's Marathon of Hope and supports people who are facing cancer. Thank you for being part of this amazing cause. Now it's our turn to "Try Like Terry!" Let's have fun, work together, and make this our biggest and best Terry Fox School Run yet. Terry set goals every day. What will yours be?