



Founders' Day

A day of service to celebrate our community

Dear Capitol Hill Day School Families,

Saturday, January 7th will be our Fifth Annual Founders' Day. This day of service was originally developed to bring our community together around the date of our incorporation to celebrate our School's founding.

Similar to the last few years, we will kick off the morning with a quick Zoom, then we will make muffins and trail mix at home. Items will then be collected at the School, and FiPA will lead games and a park clean up in Garfield Park to end the morning.

Please find instructions included for the project this year - providing trail mix and muffins for Martha's Table.

- Trail Mix: Fill snack-sized bags with your favorite combination! We suggest 3 to 4 ingredients. Add all ingredients to snack or sandwich-sized bags
 - About 5 pounds of food items should yield about 30 snack-sized bags of trail mix
- Muffins: Make your muffins at home and individually package them.
 - Feel free to make muffins the night before to allow for time to cool before bagging.

If you haven't signed up online yet, please do so at www.chds.org/foundersday.

How to participate in Founders' Day 2023

- **Sign up** online at www.chds.org/foundersday.
- Plan ahead and purchase any supplies you need for the day.
- **Join us at 9:30 am on Saturday, January 7** for a quick Zoom kick-off!
- Work together as a family on your project. Make sure to take photos and send them to media@chds.org.
- **Complete the enclosed form** and bring it with you to drop off items.
- **Bring all items to the Dent Building between 10:45 and 11:15 am.**
- **Join FiPA** for a get-together in Garfield Park after dropping off your food items!

SUPPLY LIST FOR TRAIL MIX

Feel free to make your favorite mix, but here are a few suggestions to get you started. No need to label the ingredients.

- Pretzels, raisins, granola, peanuts
- Dried fruit, shredded coconut, Chex cereal, banana chips
- Almonds, dried cranberries, Chex cereal, sunflower seeds
- Masks and gloves for food preparation
- Snack or sandwich sized bags

Please make sure to wear masks and gloves when preparing food items. If you need food service gloves, please contact Shannon Ryan at sryan@chds.org.

If you cannot make the drop off time, please feel free to bring items to school on Monday. Please email Shannon at sryan@chds.org so we can plan accordingly.

TIMELINE FOR FOUNDERS' DAY 2023

Saturday, January 7, 2022

9:30 - 9:45 am

Zoom Kick-Off

Zoom link will be sent on Friday, January 6

9:45 am

Project time!

Make sure to take photos and email them to media@chds.org.

10:45 am - 11:15 am

Drop off at Dent Building at Capitol Hill Day School

11 am - 12 pm

Join FiPA at Garfield Park!

All details can be found at www.chds.org/foundersday.