



Ronald McDonald
House Charities®
Greater Western Sydney

School Fundraising & Volunteering Program

Your school can make a difference
for families of seriously sick and
injured children



Ronald McDonald House Charities Greater Western Sydney provides critical services to over 2,000 families with seriously sick and injured children each year. Our House at Westmead is a home-away-from-home for 60 families each night from regional and rural Australia, where we provide home-cooked meals, education services, counselling and extensive holistic support. We also provide support to families when they return home and serve local families on children's wards with our Hospitality Carts at Nepean Hospital and Campbelltown Hospital, along with our Day Pass Program.

With your help, we provide emotional, physical and social support, that is life-changing for parents and children.

Help families like Ollie's

It costs Ronald McDonald House Charities Greater Western Sydney \$160 per night to accommodate one family and over 1,600 families are supported at our 60-room House every year. Eight-year-old Ollie's Mum describes the impact this support has on the lives of families like hers.



"After 501 nights at Ronald McDonald House Charities Greater Western Sydney, we returned our keys, saying goodbye to the place we called home during Ollie's treatment.

Our time at Ronald McDonald House was more than just a temporary home while Ollie fought for his life – it was a sanctuary.

We could seek comfort when Ollie needed to isolate or connect with amazing individuals who guided us and made us feel less alone.

Beyond providing us with a safe space and a supportive community, Ronald McDonald House generously provided meals several nights a week, offered a learning centre where the kids could play, and organized various forms of entertainment. Ollie found solace in connecting with other children facing similar challenges making him feel less isolated...

We are so grateful to the Ronald McDonald House team for everything they provided us during this challenging period." Naomi, Mum of Ollie.

Donation drive

Our families are in constant need of support with essential everyday items, thanks to the generosity of our community. Your school can help make a difference by holding a donation drive, and having your students bring in an item from our wishlist.

These items can then be delivered to the Ronald McDonald House in Westmead, with the opportunity to be given a tour of the House.

Please note, the health and safety of the seriously ill children and families that stay at Ronald McDonald House GWS is always our top priority. For this reason, we can only accept new, unopened/unused items.

Some items from our wishlist include:

- Savoury snacks e.g. popcorn, rice snacks, pretzels
- Energy Bars e.g. Muesli, granola and protein bars
- Nut & Fruit Trail Mix Snack packets
- Biscuits - sweet & savoury
- 2-minute noodle cups and packets
- Mac & Cheese cups/packets
- Tea and coffee sachets
- Breakfast spreads
- Tinned Tuna, Salmon
- Tinned Veggies e.g Tomato
- Tinned Legumes & Beans e.g. chickpeas
- Cake mixes
- Tinned fruit
- Fruit in syrup/jelly cups
- Quick rice microwave cups/packs
- Long Life Milk
- Juice pop tops/poppers
- Nappies and nappy bags
- Brown paper bags
- Laundry Powder
- Children body wash
- Tissues
- Serviettes
- Spray & Wipe
- Detergent
- Hand soap
- Laundry detergent
- Glen 20 disinfectant spray
- Cot Sheets
- Toys (all ages)
- Kids Clothes newborn - 10 years old
- AAA & AA Batteries
- Tea Towels
- Bin Liners (Medium & Large)
- Zip Lock bags (snack size)



Organise care packs for the families

Care packs are a great way for your school to get involved and support families with seriously sick and injured children. Your school group can hold a donation drive and organise a day to put the packs together in the comfort of your classroom, and deliver them to the House on a day that suits.

At Ronald McDonald House Charities GWS, we service families at our House, as well as families at the Hospital through the Hospitality Cart. By putting together House Hampers, Cart Care or Departure Comforts, your school can help make a big difference for families of seriously sick and injured children.

These packs can be delivered to the Ronald McDonald House in Westmead, with the opportunity to be given a tour of the House.

House hamper

Items suitable for a House hamper include:

- Long life milk
- Tea or Coffee
- Cereal
- 2 minute noodles
- Continental Quick Meals
- Savoury snacks
- Deodorant
- Toothbrush
- Toothpaste

Cart care

Items suitable for Cart care include:

- Toys (action figures, matchbox cars, barbies, small lego sets)
- Juice poppers
- Snacks (savory or sweet)
- Hygiene Products
- Travel pack of toiletries

Departure comfort

Items suitable for Departure comfort include:

- Long life milk
- Pasta and pasta sauce
- Rice
- Tinned vegetables
- Cereal
- Breakfast spreads
- Snacks (savory or sweet)
- Tissues
- Car activities/games for the kids

"I wanted to support the families staying at RMH over Mother's Day as I understand the importance of family when you're not feeling your best. I hope that by giving these gifts for Mother's Day that the kids and their families can enjoy their day in their home-away-from-home at Ronald McDonald House."

-Marcus (pictured)



Volunteering programs (Year 10, 11 & 12)

Our schools volunteering programs are designed for students from years 10, 11, and 12, accompanied by their teachers or adult representatives (2:1 student-adult ratio) for each of the programs.



Meals from the Heart

Often, parents and carers of seriously ill and injured children simply do not have the time, funds or energy to step into the kitchen.

Families find comfort in hearing laughter in the kitchen and enjoy a dinner that's been served with a smile.

Suitability: Groups of 10-12
Time: 3.00pm-8.00pm
Days Mon/Wed/Thurs
Cost: \$825 for schools



Baking a Difference

We invite you to prepare comforting, freshly baked snacks and treats so that families feel cared and supported when they are welcomed home to a tray of warm, delicious baked goods.

Suitability: Groups of 5-10
Time: 9.00am-1.00pm
Days: Tuesdays
Cost: \$550 for schools



Cook and Connect

Cook + Connect is a new program which is like Meals From the Heart but during the day. It allows families to grab a meal on the go as they run to the hospital for various appointments.

Suitability: Groups of 10-12
Time: 9.00am-2.00pm
Days: Tuesdays
Cost: \$825 for schools



Dance for Sick Kids (May)

Dance for Sick Kids is the ultimate FUNdraiser. A great way to ignite your school spirit and encourage your community to stay active while raising funds to support families of seriously sick and injured children. Dance for Sick Kids runs during National Families week each May. Head to danceforsickkids.com for more information.



How can your school get involved?

- Have a dance break at lunchtime during Dance for Sick Kids week.
- Invite students and teachers to dance at assembly each morning.
- Invite each classroom to get involved whichever way they choose - whether it's a dance-off between students, or starting the morning with the macarena.
- Hold an all-school disco where everyone brings a gold coin donation.
- Ask teachers to dress up in crazy costumes and perform a dance at assembly.

An example of how St Bernadette's got involved in Dance for Sick Kids in 2024:

Monday	Tuesday	Wednesday	Thursday	Friday
Morning assembly: Macarena lead by student leaders	Morning assembly: Cha Cha slide by student leaders	Morning assembly: Watch me nae nae by student leaders	Morning assembly: Nutbush by student leaders	Morning Assembly: Dance performance by a dance school -80's dance theme mufti day -lunchtime disco School principal and students to lead school and parents in 'the happy dance



Hold a Fundraiser

School fundraisers are a great way to bring FUN to the school, while also teaching the importance of giving back to the community. By hosting a fundraiser with your school, you are helping to support seriously sick and injured children and their families.

It's easy to get started! Choose your fundraising idea, and start making a difference for sick kids!

Host a hero day

More than ever we understand the value of our everyday heroes. Our firefighters, teachers, nurses and doctors all fighting on the front line.

Show your students that they too can be everyday heroes by supporting sick kids and their families and dressing up as their favourite heroes!



Some other FUNdraising ideas:

- Bake sale
- Have a sausage sizzle
- Mufti Day
- Host a morning tea
- Dress up day
- Movie night
- Crazy hair day
- School disco
- Silly sock day
- Pyjama day



If you don't have an online fundraising page, please transfer all the funds raised within 14 days of your fundraiser and email supportinggws@rmhc.org.au with the receipt.

Electronic Transfer / Direct Deposit:

Bank: Westpac

Name: Ronald McDonald House Charities Greater Western Sydney Limited

BSB: 032 340 Account: 119 901

Reference: (Name of School)



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**Thank you for choosing to support
families of seriously sick and injured kids.**

If you have any questions, please reach out!

Email: supportinggws@rmhc.org.au

Phone: 9806 7111



Keeping Families Close