**Assembly Planning Guide and Scripts**

**Planning your school assembly**

Now that your school has decided to take part in the American Cancer Society Schools vs Cancer program, make sure you spread the word! One of the ways in which you can help create awareness and excitement for the program is by hosting an assembly or pep rally for all the students, teachers, and support staff at your school.

The goal of the assembly is to explain what it means to be a Schools vs Cancer school and to get everyone excited about learning healthy behaviors and helping to save lives from cancer. To help make things easy, this guide contains three different sample assembly script outlines for you to work with.

To get started, simply choose one option from each of the categories below:

1. **How much time do you have?** 
   * **One hour.** If your school community has a lot to say about the Schools vs Cancer program, go to page four to see a sample script, approximately one-hour in length.
   * **30 minutes.** Get your school excited and ready to go by utilizing the sample 30-minute script on page nine.
   * **15 minutes.** Don’t have a lot of time? No problem. In just 15 minutes, you can cover all the important details for your Schools vs Cancer program. See sample script on page 13.
2. **Choose your activity.**
   * Ask the cheerleading squad or dance team to put together a special routine to inspire others to save lives from cancer or take steps today to say healthy
   * Host a healthy recipe taste test and have the students taste and vote on their favorite
   * Ask a local grocery store or registered dietitian to do a healthy cooking demonstration
   * Ask your PE teachers to teach the students a special flash mob dance and perform it at the assembly to help promote staying active
   * Develop a quiz to test student’s knowledge about cancer and/or healthy behaviors and have them clap, raise their hands, or stand to guess the right answer
   * Host a physical activities challenge and have teams of students compete during the event. Think of activities such as jump rope, hula hoop, and hop scotch
   * Play an inspiring video, such as:
     + [Cole Eicher Story](https://www.youtube.com/watch?v=6qgYQ4xyl8A)
3. **Choose your speaker.**

* **Teacher/Administrator.** Think about any teachers or administrators in your school who have survived cancer or may currently be facing the disease.
* **Students.** Cancer does not discriminate against age. If your school has a student who has survived cancer or is currently facing the disease, invite him or her to speak and rally the school around this important cause.
* **Parents.** Cancer is not only hard for the person facing the disease, but also all those around them. Think of the students’ whose parents are facing cancer or may have survived it, and invite them to share their story.
* **Healthy Living Expert.** You may also choose to carve out some time to have a guest speaker come in and talk about how to stay healthy. Consider inviting a registered dietitian, pediatrician, local chef who can do a cooking demo, or an inspirational athlete to share how they stay healthy.

**Sample One-Hour Assembly Script**

**Introduction**

0:00 p.m. **EMCEE:** Hello [SCHOOL RALLY NAME]! I’m so glad that we can all join here this [morning/afternoon] because today we have a new opportunity to do something good. Something that will make an impact – both in our own lives and for others in our community and even across the country.

I hope you’re excited because today we’re going to talk about how we can all help save lives from cancer! Yes, cancer.

*Cancer*, you may be thinking. What’s *cancer*?

Well, cancer is a disease that impacts millions of people across the US each year. In fact, many of you may know someone who has survived cancer or may be facing it today—even here at our school. So that makes it so much more important that we take the time to talk about it.

While cancer can sound like a scary disease, know that it’s nothing you can catch. It’s not contagious. It develops inside a person’s body and can affect different parts. When someone has cancer, cells in the body become abnormal and start to grow out of control. And because cancer can spread to other parts of a person’s body, treatment can mean taking out the tumor or stopping the bad cells from growing and spreading to other places.

0:00 p.m. The good news is that there are things we can all do to reduce our risk of getting cancer later in our lives and help people who are facing it today.

And that really gets to the heart of why we’re here. I am excited to announce that over the course of [INSERT TIME PERIOD], our school will be joining the American Cancer Society to take part in their Schools vs Cancer program.

Through the program, we are going to celebrate all those who have survived cancer, remember and honor all those we’ve lost to the disease, and do our part to put a stop to cancer by taking action. This is our opportunity to rally together and celebrate the lives of those we love who have been touched by this disease and reflect on what we can do to put a stop to it. Each of us can make an impact.

0:00 p.m. The American Cancer Society is a nonprofit organization made up of millions of volunteers from across the country who are dedicated to creating a world free from the pain and suffering caused by cancer. The American Cancer Society provides free services and support for people facing cancer, educate people with information about cancer to help prevent the disease, detect it early when it is easier to treat, and empower people with better understanding of cancer treatments and survivorship, and funds cancer research.

Just as our school will be hosting a Schools vs Cancer program, so will hundreds of other elementary/middle schools across the country. By joining so many others, we can make a difference and have a lot of fun in the process!

Through the Schools vs Cancer program, your teachers are going to have fun activities to help you learn more about how to stay healthy, all while taking action to help create a world free from the pain and suffering caused by cancer.

**Speaker One**

0:00 p.m. **EMCEE:** As I mentioned earlier, our school decided to participate because cancer, this terrible disease, touches too close to home. At this time, I’d like to introduce [NAME] to the stage to share about how cancer has impacted [HIS/HER] life and why we are participating in the Schools vs Cancer program.

0:00 p.m. **SPEAKER ONE:** Speaks five minutes and shares his or her cancer story and why participating in Schools vs Cancer program is important.

0:00 p.m. **EMCEE:** Thank you so much [NAME] for sharing your touching story. You are inspiration to us all.

**Activity One**

0:00 p.m. **EMCEE:** Now at this time, we have a special treat for you as we get ready for the Schools vs Cancer program. [INCLUDE DETAILS TO INTRODUCE ACTIVITY]

0:00 p.m. **ACTIVITY ONE:** Choose from one of the activities on page two.

0:00 p.m. **EMCEE:** Wow, now wasn’t that fun!

**Call to Action**

0:00 p.m. **EMCEE:** So, you’ve heard from [SPEAKER ONE] share [HIS/HER] personal story and why it’s important to get involved in Schools vs Cancer, and we’ve [ACTIVITY DESCRIPTION], now let’s talk about what we’re going to do as a Schools vs Cancer school.

There are three parts [CUSTOMIZE ACCORDING TO YOUR SCHOOL]:

The **first** thing we’re going to do as a Schools vs Cancer school is to make sure we are all doing our parts to live healthy lives. We need to make sure we’re eating healthy foods and including plenty of physical activity into our days. We also need to take a look at our school, our homes, and our neighborhoods to see if there are things that can help us make healthier choices – like the salad bar in the cafeteria – or things that tempt us to make unhealthy choices – like too much candy and sugary soda. So, over the next few weeks, your teachers will have special exercises for you to help learn about healthy behaviors.

The **second** thing that we’re going to do as a school is help give back to all those impacted by cancer by raising money for the American Cancer Society. In the past we’ve raised money for school trips and parties, now we’re going to give back to an important cause. [INSERT OTHER DETAILS ABOUT HOW YOUR SCHOOL WILL BE FUNDRAISING]

Then **finally** at the end of the program on [DATE], our school will celebrate all we’ve learned and accomplished by hosting a special Schools vs Cancer event. Our event will include a variety of fun activities, food, and games. We’ll also use it as an opportunity to celebrate all those in our community who have survived cancer and remember those we’ve lost to the disease. It will be a great way to celebrate all we’ve accomplished.

**Activity Two**

0:00 p.m. **EMCEE:** Well I am pumped and excited, and I hope you are too. In fact, we have even more reason to get excited. [INCLUDE DETAILS TO INTRODUCE ACTIVITY]

0:00 p.m. **ACTIVITY TWO:** Choose from one of the activities on page two.

0:00 p.m. **EMCEE:** Well wasn’t that great!?!

**Speaker Two**

0:00 p.m. **EMCEE:** Now before we go today, I wanted you all to hear from one more person today. [INTRODUCE SECOND SPEAKER]

0:00 p.m. **SPEAKER TWO:** Speaks for five minutes, sharing their story and providing the school and with a call to action.

0:00 p.m. **EMCEE:** Thank you for sharing your story. Your words are going to help inspire us to learn about how we can take steps to help reduce our risk for cancer and help raise funds to help create a world free from the pain and suffering caused by cancer.

**Conclusion**

0:00 p.m. **EMCEE:** Wow! I hope you all are excited as I am about being a Schools vs Cancer school. The next [TIME PERIOD] are going to be jam packed with fun and excitement. And after everything is over, you’ll walk away with:

* One, new knowledge. We are going to teach you about things you can do that can help you stay healthy and strong.
* Two, you’ll get service experience. By fundraising for the American Cancer Society, you are helping a nonprofit organization in our community continue to carry out its mission work.
* And finally, our Schools vs Cancer event will provide you with an unforgettable experience as we celebrate all those who have survived cancer and remember loved ones lost.

0:00 p.m. **EMCEE:** Thank you all for joining today. Now let’s move forward with a great Schools vs Cancer program!

**Sample 30-minute Assembly Script**

**Introduction**

0:00 p.m. **EMCEE:** Hello [SCHOOL RALLY NAME]! I’m so glad that we can all join here this [morning/afternoon] because today we have a new opportunity to do something good.

Today, we’re going to talk about how we can all help save lives from cancer.

Yes, cancer. In fact, raise your hand if you know what cancer is or know someone who has had or is facing cancer.

Cancer is a disease that impacts thousands of people across the US each year. In fact, many of you may know someone who has survived cancer or may be facing it today—even here at our school. So that makes it so much more important that we take the time to talk about it.

While cancer can sound like a scary disease, know that it’s nothing you can catch. It’s not contagious. It develops inside a person’s body and can affect different parts. When someone has cancer, cells in the body become abnormal and start to grow out of control. And because cancer can spread to other parts of a person’s body, treatment can mean taking out the tumor or stopping the bad cells from growing and spreading to other places.

0:00 p.m. The good news is that there are things we can all do to reduce our risk of getting cancer later in our lives, help people who are facing it today, and even help protect other people from being diagnosed.

And that really gets to the heart of why we’re here. I am excited to announce that over the course of [INSERT TIME PERIOD], our school will be joining the American Cancer Society to take part in their Schools vs Cancer program.

The American Cancer Society is a nonprofit organization comprised of millions of volunteers from across the country who are dedicated to creating a world free from the pain and suffering caused by cancer. The American Cancer Society provides free services and support for people facing cancer, educates people with information about cancer to help prevent the disease, detect it early when it is easier to treat, and empower people with better understanding of cancer treatments and survivorship.t, and funds cancer research.

Through the Schools vs Cancer program, your teachers are going to have fun activities to help you learn more about how to stay healthy and then we’re all going to take the time to celebrate all those we know who have survived cancer, honor and remember those we’ve lost to the disease, and take action for lifesaving change.

**Speaker**

0:00 p.m. **EMCEE:** This is such an important cause because our very own school community has been impacted by cancer. At this time, I’d like to introduce [NAME] to the stage to share [HIS/HER] story and why we are participating in the Schools vs Cancer program.

0:00 p.m. **SPEAKER:** Speaks five minutes and shares his or her cancer story and why participating in Schools vs Cancer program is important.

0:00 p.m. **EMCEE:** Thank you so much [NAME] for sharing your touching story. You are inspiration to us all.

**Activity One**

0:00 p.m. **EMCEE:** Now at this time, we have a special treat for you as we get ready for the Schools vs Cancer program. [INCLUDE DETAILS TO INTRODUCE ACTIVITY]

0:00 p.m. **ACTIVITY ONE:** choose from one of the activities on page two.

0:00 p.m. **EMCEE:** Wow, now wasn’t that fun!

**Call to Action**

0:00 p.m. **EMCEE:** So, you’ve heard from [SPEAKER] share [HIS/HER] personal story and why it’s important to get involved, and we’ve [ACTIVITY DESCRIPTION], now let’s talk about what we’re going to do now that we’re a Schools vs Cancer school.

There are three parts [CUSTOMIZE ACCORDING TO YOUR SCHOOL]:

The **first** thing we’re going to do as a Schools vs Cancer school is to make sure we are all doing our parts to live healthy lives. We need to make sure we’re eating healthy foods and including plenty of physical activity into our days. We also need to take a look at our school, our homes, and our neighborhoods to see if there are things that can help us make healthier choices – like the salad bar in the cafeteria – or things that tempt us to make unhealthy choices – like too much candy and sugary soda. So, over the next few weeks, your teachers will have special exercises for you to help learn about healthy behaviors.

The **second** thing that we’re going to do as a school is help give back to all those impacted by cancer by raising money for the American Cancer Society. In the past we’ve raised money for school trips and parties, now we’re going to give back to an important cause. [INSERT OTHER DETAILS ABOUT HOW YOUR SCHOOL WILL BE FUNDRAISING]

Then **finally** at the end the program on [DATE], our school will celebrate all we’ve learned and accomplished by hosting a special Schools vs Cancer event. Our event will include a variety of fun activities, food, and games. We’ll also use it as an opportunity to celebrate all those in our community who have survived cancer and remember those we’ve lost to the disease. It will be a great way to celebrate all we’ve accomplished.

**Activity Two**

0:00 p.m. **EMCEE:** Well I am pumped and excited, and I hope you are too. In fact, we have even more reason to get excited. [INCLUDE DETAILS TO INTRODUCE ACTIVITY]

0:00 p.m. **ACTIVITY TWO:** choose from one of the activities on page two.

0:00 p.m. **EMCEE:** Well wasn’t that great!?!

**Conclusion**

0:00 p.m. **EMCEE:** Wow! I hope you all are excited as I am about being a Schools vs Cancer. The next [TIME PERIOD] are going to be jam packed with fun and excitement. And after everything is over, you’ll walk away with new knowledge about how to stay healthy, experience in giving back to others and supporting charitable causes, and an extraordinary opportunity to connect with all those who have survived cancer and remember loved ones lost.

Thank you all for joining today. Now let’s move forward with a great Schools vs Cancer program!

**Sample 15-minute Assembly Script**

**Introduction**

0:00 p.m. **EMCEE:** Hello [SCHOOL RALLY NAME]! I’m so excited to be here today to talk to you about an exciting opportunity that will help improve our lives and the lives of others.

We are going to help save lives from cancer by joining the American Cancer Society to take part in their Schools vs Cancer program.

Cancer is a disease that impacts thousands of people across the US each year – even here at our school, making it that much more important that we talk about it.

While cancer can sound like a scary disease, know that it’s nothing you can catch. It’s not contagious. It develops inside a person’s body and can affect different parts. When someone has cancer, cells in the body become abnormal and start to grow out of control. And because cancer can spread to other parts of a person’s body, treatment can mean taking out the tumor or stopping the bad cells from growing and spreading to other places.

The good news is that there are things we can all do to prevent cancer in our lives and help people who are facing it today.

Through the Schools vs Cancer program, your teachers are going to have fun activities to help you learn more about how to stay healthy and help protect yourself from cancer and then we’re all going to take the time to celebrate all those we know who have survived cancer, honor and remember those we’ve lost to the disease—all while taking action for lifesaving change.

**Speaker**

0:00 p.m. **EMCEE:** This is such an important cause because our very own school community has been impacted by cancer. At this time, I’d like to introduce [NAME] to the stage to share [HIS/HER] story and why we are participating in the Schools vs Cancer program.

0:00 p.m. **SPEAKER:** Speaks five minutes and shares his or her cancer story and why participating in Schools vs Cancer program is important.

0:00 p.m. **EMCEE:** Thank you so much [NAME] for sharing your touching story. You are inspiration to us all.

**Call to Action**

0:00 p.m. **EMCEE:** So you’ve heard from [SPEAKER] share [HIS/HER] personal story and why it’s important to get involved, now let’s talk about what we’re going to do now that we’re a Schools vs Cancer school.

There are three parts [CUSTOMIZE ACCORDING TO YOUR SCHOOL]:

The **first** thing we’re going to do as a Schools vs Cancer school is to make sure we are all doing our parts to live healthy lives. We need to make sure we’re eating healthy foods and including plenty of physical activity into our days. We also need to take a look at our school, our homes, and our neighborhoods to see if there are things that can help us make healthier choices – like the salad bar in the cafeteria – or things that tempt us to make unhealthy choices – like too much candy and sugary soda. So, over the next few weeks, your teachers will have special exercises for you to help learn about healthy behaviors.

The **second** thing that we’re going to do as a school is help give back to all those impacted by cancer by raising money for the American Cancer Society. In the past we’ve raised money for school trips and parties, now we’re going to give back to an important cause. [INSERT OTHER DETAILS ABOUT HOW YOUR SCHOOL WILL BE FUNDRAISING]

Then **finally** at the end the program on [DATE], our school will celebrate all we’ve learned and accomplished by hosting a special Schools vs Cancer event. Our event will include a variety of fun activities, food, and games. We’ll also use it as an opportunity to celebrate all those in our community who have survived cancer and remember those we’ve lost to the disease. It will be a great way to celebrate all we’ve accomplished.

**Activity One**

0:00 p.m. **EMCEE:** I hope you all are excited as I am about being a Schools vs Cancer school. The next [TIME PERIOD] are going to be jam packed with fun and excitement. To kick off the fun [INCLUDE DETAILS TO INTRODUCE ACTIVITY]

0:00 p.m. **ACTIVITY ONE:** choose from one of the activities on page two.

**Conclusion**

0:00 p.m. **EMCEE:** Thank you everyone. Have a great day, and let’s go save lives!