

COOL SCHOOLS

MARCH 30 – APRIL 3, 2026

#FREEZIN FORAREASON!



The Cool Schools Challenge is a province-wide activation of Special Olympics Ontario's Polar Plunge. Instead of jumping into icy water, schools come together to build awareness, school spirit, and inclusion through a week of powerful action.

WHY COOL

STRENGTHEN YOUR PROGRAM

50% of funds raised go directly back to your school's Special Olympics program.

SUPPORT THE PROVINCE

The other 50% supports Unified Champion Schools programming across Ontario.

BUILD INCLUSIVE SPIRIT

Fostering inclusive communities in schools across Ontario.

WAYS TO PARTICIPATE

STEP 1: CHOOSE YOUR STREAM



Fundraising Stream



Engagement Stream

STEP 2: CHOOSE YOUR STYLE



Traditional Freezin'

Ice and cold water.



Sensory
Friendly Freezin'

Inclusive options like cotton balls, paper confetti, or whipped cream.

WHAT IS THE COOL SCHOOLS CHALLENGE?

The Cool Schools Challenge is a school-wide activation of Special Olympics Ontario's Polar Plunge campaign.

Instead of jumping into icy water, your school comes together to get **#FreezinForAReason**, building awareness, school spirit, and inclusion while supporting Special Olympics athletes across Ontario.

Whether you choose to fundraise or focus on engagement, Cool Schools brings your entire school community together for one powerful week of action.

HOW DOES IT CONNECT TO POLAR PLUNGE?

Polar Plunge is one of Special Olympics Ontario's largest annual fundraising events.

Cool Schools gives students and staff their own way to participate in the movement, in a format that works for a school environment.

You are joining a province-wide campaign that celebrates courage, inclusion, and community while rallying support for Special Olympics athletes.

HOW TO HOST A COOL SCHOOLS CHALLENGE

1. Register using the Cool Schools Host Request form
2. Plan which day between March 30 – April 3 that your school will run the challenge
3. Choose your participation stream (Fundraising or Non-Fundraising)
4. Promote the challenge within your school
5. Start fundraising and/or nominating
6. Choose your #FreezinForAReason style (Traditional Freezin' or Sensory-Friendly Freezin')
7. Distribute your school's event permission form
8. Run your Cool Schools event and get #FreezinForAReason
9. Take photos and videos to share with your school and Special Olympics Ontario
10. Submit your fundraising or nomination totals