

VVMS *Polar Plunge* 2026



Scan the QR Code or review the pages below to learn...

- How your student can sign up to plunge and
- How to start fundraising to support Unified Activities at Valley View and across the state of Minnesota!



How to Register for the Valley View Polar Plunge

(see page 2 for instructions on how to request donations)

#1 Go to: <https://www.plungemn.org/events/valley-view-middle-school-cool-school/>

#2 On the registration page - click/tap **REGISTER**

#3 Log-in to your old account **OR** Create a new account (Username, school email, and a password)... *You may need to retrieve your password or username from last year.*

#4 Click **'Next Step'** and required **Personal Information**

#5 Click **'Next Step'** to Register

#6 Event Registration: Find the **Valley View Event on April 3rd**

STEP 3
EVENT REGISTRATION

Choose an event and at least one activity you will participate in.

Event

Apr 3 - Valley View Middle School Cool Sc
Mar 27 - Fairmont High School Cool School
Mar 30 - Menahga Public Schools Cool School
Mar 30 - Winona State University Plunge presentec
Mar 31 - Edgewood Middle School Cool School
Mar 31 - Irondale High School Cool School
Apr 1 - BLHS Cool School
Apr 2 - Hutchinson Cool School
Apr 3 - Valley View Middle School Cool School
Apr 7 - Grand Rapids High School Cool School
Apr 8 - Brainerd High School Cool School

STEP 4
TEAMS & INDIVIDUALS

☐ I will be participating as an individual

☒ I will join an existing team

choose...

choose...

Ambassadors

Darby Advisory

Dold's Jumpers

#7 Choose your fundraising goal (your choice!)

#8 **'check' "join an existing team" and find your advisor**

#9 Complete the Release to Jump **w/ caregiver permission**
(must be completed to jump)

#10 Yea! You're registered!
(now on to getting donations on page 2!!)

Enrolling in Plunge Perks gives you access to special prizes and promotions.

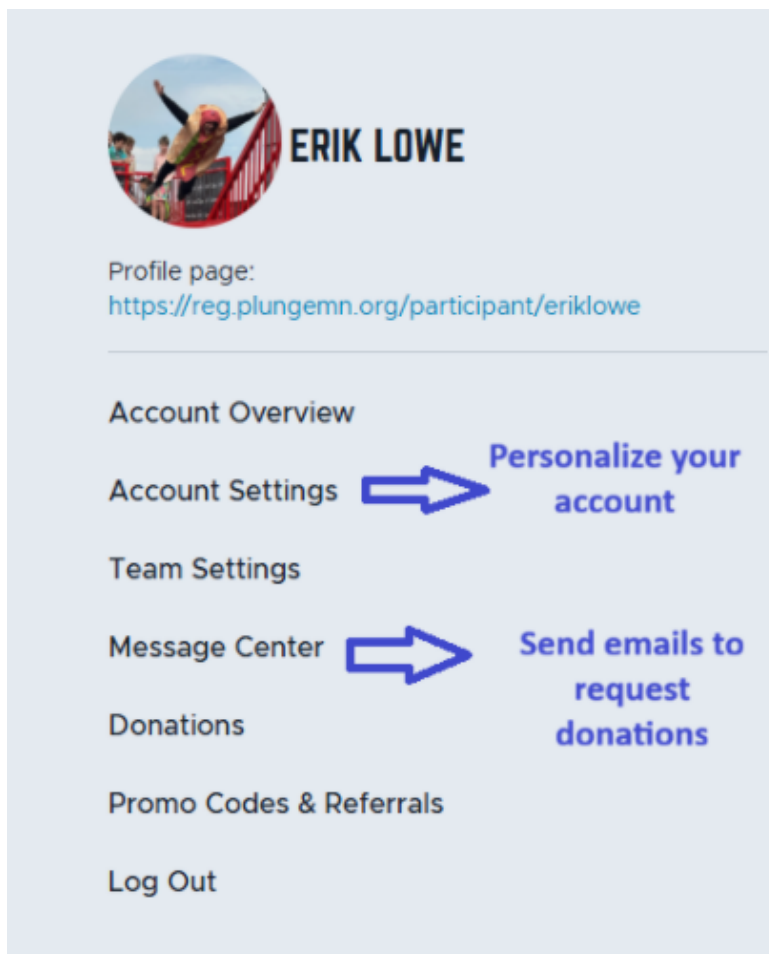
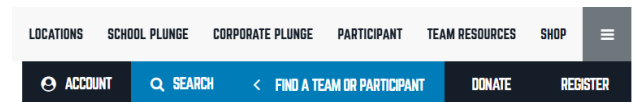
☒ I accept the terms of this Release and Waiver of Liability, Assumption of Risk, and Indemnity and Parental Consent Agreement.

CONFIRM REGISTRATION

How to **request donations** for your Plunge *(with caregiver permission)*

#1 Go to: <https://www.plungemn.org/events/valley-view-middle-school-cool-school/>

#2 Click  in the top right corner & **'Account'**



#3 You can do lots of things on this page....

- see your profile page
- add a photo under 'account settings'
- view your total donations raised under

#4 Click on **'Message Center'** and follow the steps to send donation emails to friends, family, and anyone who you think would like to support Valley View's inclusion efforts (and see you jump into a tub of cold water!)

#5 All set! Now you can visit your Plunge Profile page and keep track of donations. Remember, the goal is to get to raise \$75 if you want to be a plunger! 😊

