

Jump Rope For Heart is Coming! Have fun and help save lives!

Dear Parent/Guardian,

It's time for Jump Rope For Heart! This program teaches heart-healthy habits and helps the American Heart Association raise money for research and education that saves lives.

Students will learn about the importance of taking care of their hearts. Heart disease is the leading cause of death in America, but 80% of the risk factors are preventable. As part of our program, your child will learn about making healthy choices and can share lifesaving tips. There is also a parent corner online with tips on keeping your family healthy at home.

Students will help others through this educational community service project. Your child has received his/her fundraising envelope. Start by setting up a personal fundraising page.

Students will make a difference in people's lives! Ask family and friends if they'd like to donate. **Also, their donations can help us earn certificates for PE equipment so we can keep our students moving!**

Thank you for your support!

Event Date: 2/14, 2/15, 2/16 in Physical Education class

Envelopes Due: 2/14, 2/15, 2/16 in PE

Michelle Hone

Physical Education Teacher

Welcome to the Scare Squad: Let's Scare Away Heart Disease.



Register online today and take the healthy challenge & get a free **WRISTBAND**



JAX



CHARGER



FINSTER



ROCKY



DISCO



PETUNIA



BLASTER

*Please make checks payable to
American Heart Association.*

*Ask donors if their employers match employees'
contributions!*

Matchinggifts.com/aha



SHAPE America and the American Heart Association collaborate on the Jump Rope for Heart and Hoops for Heart programs.

Homework with Heart

Help your child set up a personal fundraising page. They will earn a fun glow-in-the-dark wristband just for registering.



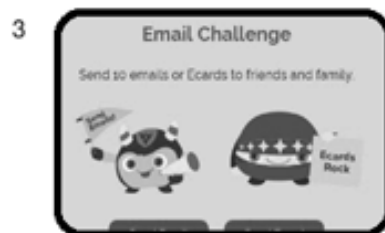
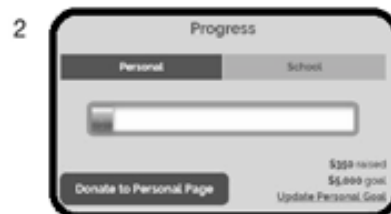
Here's what to do:

- Visit heart.org/jump or heart.org/hoops, or search “jump/hoops” in your app store and download the free app. Find your school and join the team. *(Even if you've participated before, you'll need to start by finding your school.)* (image 1)
- Select whether you're a new or returning participant. If you're new, fill out the form to set up your account. If you're returning, enter your user name and password and update your information. *(Hint: Make sure your username and password are easy to remember since you'll be able to use them again next year.)*

Now you and your child are ready to have some fun by customizing his/her personal fundraising page.

- Track your progress and kick things off with your own personal donation. (image 2)
- Send emails asking for donations. (image 3)
- Search “jump/hoops” in your app store to download the mobile app. You can fundraise with Facebook and unlock your monsters. (image 4)

Each time your child visits the headquarters, they will see badges earned and have a chance to unlock special surprises!



Register at heart.org/jump
or heart.org/hoops
OR, in your app store, search
“jump/hoops”.

PS: Always fundraise the smart and safe way. Do not go door-to-door or ask strangers for donations. **Please convert cash donations into checks payable to the American Heart Association** and ask your donors if their employers match employees' contributions!