

Sheehan Physical Education News

Kids Heart Challenge (April 8-12, 2024)

March 15, 2024

Let's Get Jumping!



It's time for the **Kids Heart Challenge!** The Sheehan School is very excited to be participating for our sixteenth year in this special community service program. This program is a fun event that helps our children understand the importance of community service and physical activity while helping to save lives. Students will celebrate by jumping rope in their physical education classes the week of **April 8- 12, 2024.** In addition to jumping rope, students can raise money for the American Heart Association.

Students will learn about the Kids Heart Challenge next week during their physical education classes and receive another information letter to take home. We are collecting donations fully online this year! Click [this link](#) (or see the next page of this newsletter) to learn how to register and create your very own website. Students can ask family and friends to support their participation by making contributions. Last year Sheehan students raised over **\$13,000** for the American Heart Association! **Students do not have to collect donations.** Our main priority is that students participate in the event by jumping rope during their physical education classes. Students can collect donations online up to the last day of our event: **April 12, 2024.**

We are excited to jump our way to healthy hearts as we support a great cause!

Sincerely,

Jennifer Cook

Jennifer Cook

Physical Education Teacher

Sheehan School

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[Sheehan Physical Education Website](#)



First, scan the QR Code to download the mobile app. Once in the app, tap "Unlock Experience", scan this page to bring it to life and view your missions for how to become the ultimate heart hero.



American Heart Association.

KIDS HEART CHALLENGE™

CELEBRATION!



SOPHIA
GRADE 8

CAMRYN
GRADE 3

CAMDEN
GRADE 1

COLTON
GRADE 3

AUDREY
GRADE 12

DEAR PARENT OR GUARDIAN,

Registration is now open! Our community counts on lifesavers like you. Please sign your student up for our Kids Heart Challenge so they can learn how to keep their hearts and brains healthy while raising funds to help kids with special hearts. By completing Finn's Mission, they'll also learn the lifesaving skill of Hands-Only CPR and how to recognize a stroke.

FINN
GRADE 3

JOIN OUR COMMUNITY OF LIFESAVERS

1 REGISTER

2 COMPLETE FINN'S MISSION

It's easy to do on our **AHA Schools app** or by visiting heart.org/Schools.

Students in Kids Heart Challenge are raising funds to help kids with special hearts — kids like Finn.

Born with multiple heart defects, Finn spent the first eight months of his life in the hospital. Although he's had more than 18 procedures, today Finn is an energetic third-grader who loves educating others about heart health and helping kids with special hearts.



REGISTER TODAY!

Download our **AHA Schools app** or visit heart.org/Schools.



SCAN CHECKS!

to instantly see your online total update with our **AHA Schools app**.



HAVE A MATCHING GIFT?

Send your matching gift confirmation (email/photo/screen grab) to matchinggifts@heart.org.

For nearly 100 years, the American Heart Association has been fighting heart disease and stroke, helping families and communities live happier, healthier and longer lives.

Visit heart.org/KHCforME for resources in other languages.

Nationally Supported by

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Marcum is a proud supporter of the American Heart Association's Kids Heart Challenge.



SLOW-RISE BALL