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 can choose a heart-healthy message and share lifesaving tips. There is also a parent corner online with tips on keeping your child 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: **Week of Feb. 12 during PE.**

Envelopes Due: **Wed. Feb 15 with all donations.**

Register online today at [www.heart.org/jump](http://www.heart.org/jump) & get a free WRISTBAND!