



“Jump Rope for Heart”

January 26, 2017

Dear Hanmer Families,

From February 1st to February 16th, students at Hanmer School will participate in the “Jump Rope for Heart” educational fundraiser. We are joining the fight against our nation’s #1 and #5 causes of death: heart disease and stroke. The money that our school raises will help to fund potentially lifesaving research and will support programs for people in our community. This event also reminds us of the importance of regular physical activity and healthy living habits.

Students will participate in a variety of jumping activities during their Physical Education classes. All students will engage in developmentally appropriate challenges that are designed to enhance their abilities and understanding of jumping, landing, and jumping rope. Since we will be jumping a lot this week, it will be helpful to encourage your child to practice at home.

Students may choose to participate in the fundraising portion to benefit the American Heart Association. Families and friends are welcome to support our efforts by making monetary contributions. All checks should be made payable to the American Heart Association. **Last year, Hanmer School raised \$1130, with 21% of students donating.** This year, we are hoping to raise even more! Our school can also earn gift certificates from U.S. Games to purchase new equipment for Physical Education based on the amount of money that is raised.

I would like to thank both students and parents for your anticipated support. If your child would like to make any contributions to the American Heart Association, please place your donations in the collection envelope and return it to Mr. Diaz by Thursday, February 16th. If you have any questions about the event, please contact Mr. Diaz. Now, let’s get ready to have some healthy fun with “Jump Rope for Heart!”

Sincerely,

Jonathan Diaz

Physical Education Teacher