

EVENT DATE: February 1st - 16th, 2017, in PE Class



Envelope Due Date: Any day, by February 16th



Dear Parent/Guardian,

We are thrilled to be supporting the American Heart Association to help teach our students and families how to take care of their hearts through the

**Jump Rope For Heart** program.

What does your child get out of participating?

**1** **YOUR CHILD learns about the importance of the heart—how it works, and how to take care of it:** With the educational programs from the American Heart Association, our students learn how the heart works, how exercise affects their hearts and how to stay **FIT FOR LIFE!**

**2** **YOUR CHILD reaches out to friends and family:** The safe online tool makes it easy for your child to set up a web page and send emails to share life-saving information and to support their fundraising efforts. The new app for smartphones also makes it easy for your student to text friends and family to join their campaign to be a **heart hero**.

**3** **YOUR CHILD feels good for making a difference in people's lives!** Funds raised support the heart association's research and education initiatives that **save lives in our community**. Heart disease is the No. 1 killer of all Americans and more people die of heart disease than all forms of cancer combined. Approximately 80 percent of the funds raised go directly to the mission, funding extensive research efforts, heart education, and programs to help us all live healthier lives. Additionally, the school earns money for PE equipment so we can keep our children MOVING!!!!

We hope you are as excited as we are to support our students in this important experience. If you have any questions, please let me know. Visit **www.heart.org/jump** to get started today!

**SPECIAL SCHOOL INCENTIVE!!** Last year, we had 76 students (21%) raise money to help fight heart disease. This year, our goal is over 50% participation, or 175 students! We can do it!!

***Thank you for your support!***

*Mr. Diaz*

PE Teacher

## It Takes Heart to be a Hero! Register On-Line!!!

Step 1: Go to [www.heart.org/jump](http://www.heart.org/jump)

Step 2: In the **Search For Your School** area, click on your state, enter the city where your school is located or click on the first letter of your school's name. Once you find your school, click on **Join Team**.

Step 3: Create your own Username and Password and answer a security question. Click **Continue**. (*Be sure your Username and Password are easy to remember*).

Step 4: Follow the prompts to complete the registration process.

Step 5: Download the mobile app by searching for Jump/Hoops.



Apple  
iTunes



Google  
Play Store

Please make checks payable to **American Heart Association**.

For the safety of our children, we ask that your child NOT go door-to-door or ask strangers for donations.

Ask your company if they will match your donation!