

Dear Parents,

Jump Rope for Heart is an event nobody wants to skip!

Our school participated in the Jump Rope for Heart digital kick-off assembly to kick-off our event. From now until the event, students can learn fun ways to get active for heart health while raising awareness and support for Heart & Stroke! **Be part of the movement!**

We love participating in Jump Rope for Heart because:

Students learn life-long habits: Jump encourages kids to be active and live healthy. A lesson students will value for life!

Kids feel good by doing good: Jump helps teach social responsibility and the importance of giving back. By fundraising for Jump Rope for Heart, students are collecting donations that fund critical research that's saving lives, preventing heart disease and stroke, and supporting survivors and their families.

Fits any time, place, and activity: Jump, dance, move, on our schedule, at school, at home or online.

Jump gives back: Schools get 10% of net fundraising dollars back to the school, or earn points redeemable for sports equipment, learning materials like robotics kits, and more!

Join our school and help Heart & Stroke save lives by jump-starting your fundraising at jumpropeforheart.ca.

Here's how:

Join our school at jumpropeforheart.ca

Help your child set up their fundraising page online. NEW: The safety and wellbeing of students, teachers, schools and communities is a top priority for Heart & Stroke which is why Jump is moving fundraising fully online this year.



Fundraise online to earn one of five Thank You Prizes!*

Online gift card options:





Register online:

1 ballot entry to win 1 of 5 \$500 Toys "R" Us gift cards



Raise \$25 online:

\$5 Gift Card (Walmart or Indigo only)



Raise \$150:

3 ballot entries to win 1 of 5 \$500 Toys "R" Us gift cards



Raise \$1,000:



Raise \$50:

2 ballot entries to win 1 of 5 \$500 Toys "R" Us gift cards



Raise \$250: \$25 Gift Card

Check out the Wish List on Parents' Corner at jumpropeforheart.ca for great examples of prizes you could purchase at each prize level!



Raise \$75:

\$15 Gift Card

Raise \$500:

\$50 Gift Card



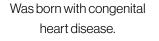
*Prizes are non-cumulative this year. One Thank You Prize will be awarded based on total donations collected online. New Brunswick excluded from these prizes.

Kids helping kids

When you raise funds for Jump Rope for Heart, you support research that helps other kids, like:



Dani





Madeleine

Had a cardiac arrest when she was five.



Kayla

Kayla fundraised online and used social media to tell as many people as possible. It worked and she raised more than \$7,000.

Congratulations, Kayla!



Nolen Had a stroke before he was born.



Zoe

Wears a device in case her heart isn't beating the way it should.

"I jump for my dad. He had heart disease and I love him so much." – Kayla



Emily & Wendy

"You've got to pay attention. A stroke can happen to anybody at any time." – Emily

Emily, 9, learned the FAST signs of stroke at a Jump event at her school and a week later, she used them to save her grandmother Wendy's life!

The letters in FAST stand for: Face – is it drooping? Arms – can you raise both? Speech – is it slurred or jumbled? Time – to call 9-1-1 or your local emergency number, right away.

Jump for healthy futures!

Kids can track their streak at jumpropeforheart.ca

them on!

Kids can go to jumprope for heart.ca and join their school to start counting their healthy habit streak today. Protecting your heart and brain is as EASY as practicing these healthy habits every day.

For even more fun and an extra challenge, kids can pick one EASY healthy habit

during registration and track how many days in a row they've practiced it. Their Healthy Habit streak will show on their fundraising page so everyone can cheer

Healthy Habits are EASY



Eat fruits and vegetables

Active for 1 hour or more



Screens for less than 2 hours





Yes to water and no to sugary drinks