Dear Parent/Guardian:

On February 6th – 10th, our school will be participating in the American Heart Association’s Jump Rope For Heart program! When your child participates in Jump Rope For Heart he/she:

- **Learns about the importance of the heart – how it works, and how to take care of it:** Through classroom exercises and educational information provided by the American Heart Association.

- **Helps kids with special hearts:** Did you know Congenital Heart Defects are the most common cause of infant death from birth defects. Congenital Heart Defects affect 1 out of every 100 children. Many children are alive today because of treatments not available even 10 years ago. *Funded research and advancements have changed and saved their lives!*

- **Feels good for making a difference in people’s lives!** Through this community service project, our students have the opportunity to raise funds for the American Heart Association to fund research, medicines, surgeries, and educational materials to lower the risks of America’s #1 and #4 killers: heart disease and stroke.

**ONLINE FUNDRAISING:** Students can reach out to friends and family out of town by using our online fundraising website. Students can register and send emails to help spread AHA awareness and ask for support. Visit [www.heart.org/jump](http://www.heart.org/jump) to get started. It’s fun, safe and easy! **See back side for instructions!**

If you have any problems or questions while registering, contact the American Heart Association Customer Service: 1-800-309-3466

**Online Fundraising Incentives:**
- All students who register can get the free Jump or Hoops song download and a strawberry scented pencil
- All students who send 15 or more emails will be in a state-wide drawing EACH MONTH for a $50 gift card – gift cards vary each month
- All returning online students who register for this year will be in a drawing for an iPad

**HEART HERO CLUB:** Students that raise $40+ and reach out to 10 different people to spread AHA awareness will be part of the Heart Hero Club. These students will earn the “It Takes Heart to Be A Hero” JRFH t-shirt along with a water bottle & jump rope! They will be recognized in our school as a “Heart Hero” - Use the online fundraising option for an easy way to reach 10 people through email.

**DEADLINE:** Donations are due back in your child’s envelope on **Wednesday February 15th** - Please make checks payable to American Heart Association. Please convert cash to checks. You can even check with your place of employment to see if they offer a matching gift.

**Thank you for your support!**

Sincerely,

Mike Payne – Physical Education Department

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*I’m Katherine from Canton, Ohio and I was diagnosed with a heart condition just weeks after I was born. I’ve had a lot of different surgeries and procedures in my life. I made a video all about it and posted it on YouTube. I did this because I want to help others learn more about heart defects and how to live healthy. I am proud to participate in Jump Rope For Heart and I hope more kids with heart problems will share their stories.*
ONLINE FUNDRAISING INSTRUCTIONS:

NEED HELP? HAVE QUESTIONS? Call the American Heart Association Customer Service 1-800-309-3466

✓ Go to www.heart.org/jump
✓ Click on the box labeled Students Sign Up
✓ Follow the step by step instructions to locate your school, join the school team, create a username/password and sign the online waiver. Once you have registered online and created your webpage, use the following tabs in your HeartQuarters to navigate through your webpage.

Send Email:
✓ Enter email addresses (separate each by a comma then space)
✓ Enter a subject line Ex: “Jump Rope For Heart from Jenny Jump” OR “Jenny Jump is SAVING LIVES!”
✓ Create your own email message. Tell your friends and family about your Jump Rope For Heart event and how a donation helps to fight heart disease and stroke. On the right side of your page, there are Suggested Email Samples you can use.
✓ Click “Send” to finish.

Edit My Page:
You can change the message, font, color and even add your own photo or video to your webpage. Hit “Save” after you make changes. Hit Preview to see what it looks like to others. X out of preview to get back to the edit page if you want to make more changes.

Check Fundraising Progress:
This page will show the most recent donations made to your online website. To check ALL donations, click on “Print Gift History Report” - Remember to print your donation report and turn it in with your collection envelope!

Our goal is to beat last year’s donation total:

$ 4,248
$ 755 online dollars

LET’S SEE IF WE CAN BEAT LAST YEAR!

(That is a lot of lives that have been saved!)