



Get Ready for Jump Rope for Heart Day at Earl Kitchener

Dear Parent or Guardian,

Thank you for your support in your child's Heart & Stroke Jump Rope for Heart!

Supporting kids' health for 35 years, Heart & Stroke Jump Rope for Heart encourages kids to get active by skipping rope while they collect pledges for heart disease and stroke research. This program gives children the chance to jump and play alongside almost 1,000,000 other kids in more than 4,000 schools across Canada.

Are you and your child ready to be JUMPCREDIBLE!?

The following is some important information for you to know:

Our school's Jump Rope for Heart Event Day is on Friday May 5, 2017. We will have Grade 1, 2 and 3 students jumping in the morning and the 4 and 5 students jumping in the afternoon.

Students are asked to collect their pledges in the envelope provided or online at **JumpRopeForHeart.ca!** Sponsors donating online will receive an automatic tax receipt.

Collection envelopes must be returned to the school by Friday May 5, 2017.

To support your child's fundraising efforts you can donate at the \$25, \$50 or even \$200 level to get your child started. Please mark your child's envelope clearly. Cheques should be made out to the Heart and Stroke Foundation NOT the school.

Again, thank you so much for your support! Heart&Stroke Jump Rope for Heart benefits us all – your child gets active and learns to be heart healthy, Earl Kitchener can earn valuable resources and sports equipment, and we all help to support vital heart disease and stroke research and health education – for the future of our children! If you have any comments or questions, please call the school for more information or visit www.jumpropeforheart.ca.

Students should come prepared on Friday May 5 by wearing running shoes and appropriate clothing for physical activity and also with sunscreen, a hat and a water bottle with the hope of sunny warm weather!

Thank you for your support,

Earl Kitchener Staff

