



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 jump ropeforheart.ca.

Here's how:

Join your school at jump ropeforheart.ca

**Help your child set up their fundraising page online.
It's never been easier!**

School Page Link <http://support.heartandstroke.ca/goto/chedokeschool>
(Copy and paste this link into your internet browser)



Jump puts the FUN in FUNdraising!

Fundraise online! jump ropeforheart.ca

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

Online gift card options:



Register online**:

1 entry to win the "Family has Heart" contest for a chance to win a grand prize that includes: 1 annual Parks Canada Pass and a \$1,500 voucher for outdoor equipment



Raise \$25 online:

\$5 Gift Card
(Walmart or Indigo only)



Raise \$75:

\$15 Gift Card



Raise \$200***:

1 entry to win the "Kids Helping Kids Hero" prize: Win \$1,000 for your next birthday party



Raise \$250:

\$25 Gift Card



Raise \$500:

\$50 Gift Card



Raise \$1,000:

\$200 Gift Card

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

*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. **No purchase necessary. Schools in New Brunswick are not eligible. For full contest rules and regulations, visit jump rope for heart.ca/familycontest ***No purchase necessary. Schools in New Brunswick are not eligible. For full contest rules and regulations, visit jump rope for heart.ca/birthday

Kids helping kids

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



Dani

Was born with congenital heart disease.



Nolen

Had a stroke before he was born.



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!



Madeleine

Had a cardiac arrest when she was five.



Zoe

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



Kayla

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

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

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.

Congratulations, Kayla!

Fundraise online! jumpropeforheart.ca

Jump for healthy futures!

Kids can go to jumpropeforheart.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.

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

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 them on!

Kids can track their streak at jumpropeforheart.ca

