



# We're participating in Jump Rope for Heart



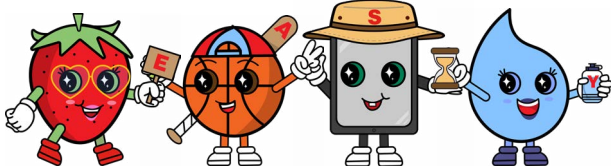
Dear Parents/Guardians,

Our school is excited to participate in Jump Rope for Heart this year! Students will discover fun ways to get active, practice healthy habits and learn about helping others while raising money to beat heart disease and stroke.

## We love participating in Jump Rope for Heart because:

### Students learn life-long habits:

Jump Rope for Heart is more than a fundraiser. It teaches students EASY Healthy Habits to help protect their heart and brain health – for a lifetime!



Eat fruits and vegetables

Active for 1 hour or more

Screens for 2 hours or less

Yes to water, no to sugary drinks

### Students can earn Thank You Gift Cards:

As our heartfelt thank you for your support, students can earn one of five Thank You Gift Cards, plus a chance to win two great contests! Gift cards are from Toys "R" Us, Indigo, Amazon or Walmart – based on the fundraising levels. Learn more at [jumpropeforheart.ca](http://jumpropeforheart.ca).

### Jump is customizable for all abilities:

On our Jump Event Day kids can move their way by jumping, dancing, wheeling and more!

### Kids feel good by doing good:

Students learn the importance of giving back as they collect donations that help fund critical research that saves lives, prevents heart disease and stroke, and supports survivors and their families. The funds collected help other kids like Julian, who suffered a pediatric stroke following his heart surgery.



### Jump gives back:

Schools that raise a minimum of \$500 will receive 8% of their fundraising dollars back to put towards what we need most or we can donate it back to Heart & Stroke to make an even bigger impact.



## Let's help Heart & Stroke save lives

**Sign up** online, visit [jumpropeforheart.ca](http://jumpropeforheart.ca)

**Click** Register

**Search** for our School Name or Copy & Paste School link below in your browser

**Have Fun** Customize their Fundraising Page and download their personal QR code!

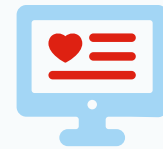
### School Page Link :

### Our Jump Event Day is on:

(Copy and paste this link into your internet browser)

## Fundraising at your fingertips

New Downloadable QR Codes!



1. Take their fundraising to the next level. Download their personal QR code from their Participant Centre.



2. Save the QR code to your photos or print it, and let their imagination run wild as they decorate it to add a splash of color and make it uniquely theirs.



3. Encourage them to share their QR code with family and friends whenever to ask them to scan their code to donate.

