



Dear Parents,

Jump Rope for Heart is the school FUNdraising event that nobody wants to skip.

Students discover fun ways to get active, practice healthy habits and learn about helping others while raising money to help beat heart disease and stroke.

We recently hosted our Jump Rope for Heart kick-off assembly to launch this year's program. From now until our Jump Event, students will learn fun ways to get active for heart health while raising awareness and support for Heart & Stroke

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

### Students learn life-long habits:

- Jump encourages kids to be active and live healthily. A lesson they will value for life!

### 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.

### Fits any time, place and activity:

- Kids can move their way by jumping, dancing, wheeling and more, on their schedule, at school or home.

### Jump gives back:

- Schools that raise a minimum of \$500 will receive 8% of their fundraising dollars back to put towards what they need most (think, sports equipment, or educational tools!) or can donate back to Heart & Stroke to make an even bigger impact.

### Fits any time, place and activity:

- Kids can move their way by jumping, dancing, wheeling and more, on their schedule, at school or home.

### How Jump Works

It's as easy as 1, 2, 3, 4!



1. Register online & start your Jump experience!



2. Play the EASY Online Challenge & track Healthy Habits.



3. FUNdraise to help beat heart disease and stroke.



4. Jump into a fun-filled Event Day! Time to celebrate & redeem rewards!



# Be Part of the Movement - Register Today!

Join our school and help Heart & Stroke save lives by jump-starting your fundraising. Here's how:

Visit [jumpropeforheart.ca](http://jumpropeforheart.ca) and click "Register" and search for our school's name or copy and paste the school link below to register right from our school page!

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

## School Page Link:

<https://jumpropeforheart.crowdchange.ca/23505>

(Copy and paste this link into your internet browser)

## Kids helping kids!

The funds kids collect supports research that helps other kids and families across the country.



**Dani**  
Was born with congenital heart disease.



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



**Nolen**  
Had a stroke before he was born.



**Madeleine**  
Had a cardiac when she was five.

## EASY Healthy Habits

Jump Rope for Heart is more than a fundraiser. It teaches students 4 EASY Healthy Habits to help protect their heart and brain health – for a lifetime!

Check out the EASY Online Challenge at

[jumpropeforheart.ca](http://jumpropeforheart.ca) – it's full of fun activities that you can even do as a family at home!



Eat fruits and vegetables



Active for 1 hour or more



Screens for 2 hours or less



Yes to water, and no to sugary drinks

## Fundraise to earn contest entries:

With each donation you receive, you're one step closer to entering two great contests!



Raise \$50 and get entered to win one of five "Get Active" prize packages.



Raise \$100 and get entered to win one of six "Summer Fun" packages.

Presented by



Visit [www.jumpropeforheart.ca/about-jump](http://www.jumpropeforheart.ca/about-jump) for full details. \*No purchase necessary to enter "Get Active" or "Summer Fun" draws. Residents of New Brunswick are not eligible. For full contest details visit [www.jumpropeforheart.ca/getactive](http://www.jumpropeforheart.ca/getactive) and [www.jumpropeforheart.ca/summerfun](http://www.jumpropeforheart.ca/summerfun).

Register today at

[jumpropeforheart.ca](http://jumpropeforheart.ca)



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