

April 2023



Dear Parents and Guardians,

Our Jump Rope for Heart Event is coming up! This is a 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 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 on May 9<sup>th</sup> (Raindate of May 11<sup>th</sup>), students will learn fun ways to get active for heart health while raising awareness and support for Heart & Stroke.

Here at Mary Hopkins, we love participating in Jump Rope for Heart for many reasons:

**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.

**Jump gives back:** Schools get a portion of dollars or points raised that we in turn redeem to supplement our DPA and Active Recess Bags here at the school.

Join our school and help Heart & Stroke save lives by jump-starting your fundraising:

Here's how:

1. Go to [Home | Heart and Stroke Foundation of Canada \(jumpropeforheart.ca\)](https://jumpropeforheart.ca)
2. Click on the "Join Us" icon in the top right corner
3. Type "Mary Hopkins" in the "Search School" bar and click "Join"
4. Students can set a "Healthy Habit" and set a streak for how many days they accomplish

Alternatively, go directly to the Mary Hopkins Page at: <https://jumpropeforheart.crowdchange.ca/23233>

On the day of the event, all students will be participating in a variety of "Jumpcredible" Stations for a portion of the day as a way of getting active, having fun, practicing skills and learning about healthy living. Students are encouraged to dress comfortably for the day's activities and weather (e.g., hats & sunscreen if warm and sunny, layers if cooler weather) and remember to have their running shoes and water that day.

We are looking forward to once again having a great day of skipping and jumping!

If you have any questions, please feel free to reach out to one of us via your child's agenda or email.

Mrs. Lisinski and Mrs. Widdup

Jump Rope for Heart Coordinators

