



Dear Parents/Guardians,

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 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.

## 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 :

(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.



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



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

## 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!

## 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

## Student Thank You Prizes:

As our heartfelt thank you for your support, students can earn one of five Thank You Prizes\*, an online gift card – from Toys “R” Us, Indigo, Amazon or Walmart – based on the fundraising levels, as follows:

\$5

**Raise \$25 online:**

\$5 Gift Card

(Walmart or Indigo only)

\$15

**Raise \$75:**

\$15 Gift Card

\$25

**Raise \$250:**

\$25 Gift Card

\$50

**Raise \$500:**

\$50 Gift Card

\$200

**Raise \$1,000:**

\$200 Gift Card

## Fundraise to earn contest entries:

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

BONUS



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

BONUS



**Raise \$100 and get entered to win one of six “Summer Fun” prize packages.**

**Presented by Desjardins**

## Track your EASY Healthy Habits to help your school win!

### Presented by Desjardins

In addition to educating your child about the importance of having healthy habits to help reduce their risks of heart disease and stroke later in life, tracking their Healthy Habits online can help qualify our school for an entry into the Healthy Habits prize draw to purchase new equipment for the school.



## National Top Prize Draw

- \$2,500 to spend on Phys. Ed equipment for their school
- \$1,000 donation Desjardins to add to their school's fundraising total
- A skipping rope for every student

## Regional Prize Draw

- \$1,000 to spend on Phys. Ed equipment
- Additional skipping ropes for the school and more!

Rosedale's Jump Rope for Heart is on MAY 19, 2023!!!

