

Get Ready for Jump Rope for Heart Day at Rousseau School

Dear Parent or Guardian,

Thank you for your support in your child's Heart & Stroke Jump Rope for Heart! Supporting kids' health for 35 years, Heart & Stroke Jump Rope for Heart encourages kids to get active by skipping rope while they donate and/or collect pledges for heart disease and stroke research. This program gives children the chance to jump and play alongside almost 1,000,000 other kids in more than 4,000 schools across Canada.



Later this month, Rousseau students will participate in a school wide Jump Rope for Heart Fundraiser. The primary and the junior classes will enjoy an hour of outdoor Jump Rope fun on separate days at the end of this month. The day of this event will be determined by the weather the week of May 27th to 31st. The focus is on staying fit, enjoying time with friends, and helping others by donating to the Heart & Stroke Foundation. If possible, it would be appreciated that *each student* donates \$2.00 to this important cause. If a student wishes to donate more than \$2.00, please place the money in and completely fill out the envelope provided. The envelope should be returned to the school no later than Friday June 7st. As we get closer to the event, students will be notified exactly which day he/she will be participating (weather permitting). Please send your child to school with appropriate clothing and running shoes, sunscreen, and a water bottle. This event will no doubt prove to be a positive experience that will truly benefit all of us.

Our school's Jump Rope for Heart Event will take place over the week of May 27–31.

Sincerely,
Mr. Gris
Mr. O'Brien
Rousseau School