



Jump Rope for Heart is coming soon!

Dear Parent/Guardian,

It's time to jump for healthy hearts! Supporting kids' health for 37 years, Jump encourages kids to be active. It builds healthy habits, boosts school spirit, and teaches social responsibility as kids fundraise for life-saving heart and stroke research.

Please help us reach our school goal before our Jump event.

School goal: _____

Event date: _____

Did you know, many kids raise twice as much when they fundraise online? It's not too late.

1. Go to jumpropeforheart.ca
2. Join your school
3. Set-up your child's fundraising page
4. Share the page by email or on social media with people you know



jumpropeforheart.ca



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