



## Dear Parent/Guardian,

It's time to jump for joy — and help kids across Canada!

Supporting kids' health for over 40 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 by fundraising online or participating at [jump.ropeforheart.ca](https://jump.ropeforheart.ca).

**School goal:** \$1000

**Event date:** May 15, 2024

The funds we raise will support research, education and other Heart & Stroke initiatives that empower kids and families across Canada to protect their heart and brain health.

### Jump gives back to schools!

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.



## Organizing Jump is 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 [jump.ropeforheart.ca](https://jump.ropeforheart.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:**



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