



Help Your Child Save Lives and be a Heart Hero!

We are thrilled to share that our K-3rd grade students will be supporting the American Heart Association's Kids Heart Challenge program during school hours on **Thursday, March 7th**. In the past, we participated in Jump Rope For Heart and this year we're kicking off the **Kids Heart Challenge!** We're excited to continue jumping rope to help those with special hearts! Students will learn how their hearts work and how to take care of themselves through physical activity and by making wise nutrition choices. They will also learn about people who have been affected by cardiovascular disease and how they can help them. In short, your child will have fun and feel good by helping others.

Help your child get involved! Your child will be asked to spread awareness and raise money for heart disease and stroke. Monies raised help support research and educational initiatives that save lives right here in our community. You can help your child by asking friends and family to give in support of your child's efforts. Working on line or through our mobile app is also very helpful and easy. Go to: www.heart.org/kidsheartchallenge or download the mobile app by searching "Kids Heart Challenge" on your mobile device. Once registered on our school team page...you can send e-cards, emails, texts and link the event to your Facebook page! Your children can earn great thank you gifts and our school will also earn gift certificates for FREE PE equipment. Don't forget to encourage your child to take the Health Challenge when signing up online!

We hope you are as excited as we are to support our students in this important experience! Let's help our children be heart heroes!