



**American
Heart
Association®**



It Takes Heart to be a Hero!

February is Healthy Heart Month. That means it's time for Jump Rope for HEART! We are very excited about this year's event and that students at HHE have the opportunity to participate. Grades 4-6 will have the chance to create their very own jump routines and perform the routines for classmates. A lucky few groups will have the opportunity to perform in front of the entire school at the February 27th Spirit Assembly. Students in grades K-3 will be learning the basics of jump roping and also practice fun and creative ways to jump. All students will learn about their heart and how to live a "Heart Healthy Life." Students are also introduced to the mission of the American Heart Association and the reality of heart disease among children and adults.

Students should have already brought home a Jump Rope for Heart donation packet. Please review all literature so a decision can be made about student participation. Students may receive cash or on-line donations. Each student will have the opportunity to earn thank you gifts depending on the amount of money raised. These thank you gifts will be delivered at the conclusion of the event. If a student chooses not to participate in the fundraising they will still be able to participate in all Jump Rope for Heart activities.

At the end of the month, Grades 1 – 6 will have a class jump rope contest. The top two jumpers from each class will move on to the school wide jump contest at the spirit assembly. These students will then compete in the front of the entire school to become the newest of members of the HHE Jump Rope Hall of Fame.

Please convert all cash to check form before sending money with your child. Thank you

Questions: Contact Scott Smith

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