



Support heart health with Jump Rope for Heart

Our school is participating in Jump Rope for Heart – a fundraiser that will encourage our students to get active, build healthy habits and give back.

Here's why we're participating

1. Money raised by our school helps Heart & Stroke drive important heart and brain research that will save lives, prevent heart disease and stroke and support families living with these conditions.
2. Jump is an inclusive event for all abilities to get kids moving and help them discover new and exciting ways to get active.
3. Students learn the EASY Healthy Habits that they can use to keep their hearts and brains healthy and help reduce their risk of developing heart disease and stroke later in life.
4. Jump gives back! Students can earn thank you gift cards from Indigo, Amazon or Walmart based on their fundraising level as a heartfelt thank you for their hard work.

How does Jump Rope for Heart work?

At School:

- Starting today, we'll be practicing some awesome skipping and heart-pumping activities!
- We'll be learning about Heart & Stroke's Easy Healthy Habits to keep our hearts and brains strong and healthy to help prevent heart disease and stroke.
- It all leads up to our Jump Event Day, where we'll celebrate what we've learned and the funds we've raised with fun jump rope stations, games, activities, and more. It's going to be a blast!

At home:

- You can help support lifesaving research by collecting donations from family and friends.
- There is no cost to participate.
- Fundraising starts now until our Jump Event Day
- Jump Rope for Heart uses an online fundraising platform. To register, create a personalized fundraising page for your child using the link below.
- When you register, you'll also get:
 - o Helpful fundraising tips and ideas
 - o Information and tools about the EASY Healthy Habits
 - o Insights into Heart & Stroke's life-saving work

Our Jump Event Day is:

To learn more about Jump Rope for Heart visit jumpropeforheart.ca

Register Now!

or visit jumpropeforheart.ca/registration and search for your school

