Dear Parents,

Jump Rope for Heart is an event nobody wants to skip!

Our school participated in the Jump Rope for Heart digital kick-off assembly to kick-off our event. From now until the event, students can learn fun ways to get active for heart health while raising awareness and support for Heart & Stroke! **Be part of the movement!**

We love participating in Jump Rope for Heart because:

Students learn life-long habits: Jump encourages kids to be active and live healthy. A lesson students will value for life!

Kids feel good by doing good: Jump helps teach social responsibility and the importance of giving back. By fundraising for Jump Rope for Heart, students are collecting donations that fund critical research that's saving lives, preventing heart disease and stroke, and supporting survivors and their families.

Fits any time, place, and activity: Jump, dance, move, on our schedule, at school, at home or online.

Jump gives back: Schools get 10% of net fundraising dollars back to the school, or earn points redeemable for sports equipment, learning materials like robotics kits, and more!

Join our school and help Heart & Stroke save lives by jump-starting your fundraising at jumpropeforheart.ca.

Here's how:

Join our school at jumpropeforheart.ca

Help your child set up their fundraising page online. NEW: The safety and wellbeing of students, teachers, schools and communities is a top priority for Heart & Stroke which is why Jump is moving fundraising fully online this year.

Jump puts the FUN in FUNdraising!

Fundraise online! jumpropeforheart.ca

Fundraise online to earn one of five Thank You Prizes!*

Online gift card options:

BONUS

Register online:

1 ballot entry to win 1 of 5
$500 Toys "R" Us gift cards

$5

Raise $25 online:

$5 Gift Card
(Walmart or Indigo only)

BONUS

Raise $50:

2 ballot entries to win 1 of 5
$500 Toys "R" Us gift cards

$15

Raise $75:

$15 Gift Card

BONUS

Raise $150:

3 ballot entries to win 1 of 5
$500 Toys "R" Us gift cards

$25

Raise $250:

$25 Gift Card

$50

Raise $500:

$50 Gift Card

$200

Raise $1,000:

$200 Gift Card

Check out the Wish List on Parents'
Corner at jumpropeforheart.ca for
great examples of prizes you could
purchase at each prize level!

*Prizes are non-cumulative this year. One Thank You Prize will be awarded based on total donations collected online.
New Brunswick excluded from these prizes.

Fundraise online! jumpropeforheart.ca

Kids helping kids

When you raise funds for Jump Rope for Heart, you support research that helps other kids, like:

Dani

Was born with congenital heart disease.

Nolen

Had a stroke before he was born.

Emily & Wendy

"You've got to pay attention. A stroke can happen to anybody at any time." – Emily

Emily, 9, learned the FAST signs of stroke at a Jump event at her school and a week later, she used them to save her grandmother Wendy's life!

Madeleine

Had a cardiac arrest when she was five.

Zoe

Wears a device in case her heart isn't beating the way it should.

The letters in FAST stand for:
Face – is it drooping?
Arms – can you raise both?
Speech – is it slurred or jumbled?
Time – to call 9-1-1 or your local emergency number, right away.

"I jump for my dad. He had heart disease and I love him so much." – Kayla

Kayla

Kayla fundraised online and used social media to tell as many people as possible. It worked and she raised more than $7,000.

Congratulations, Kayla!

Fundraise online! jumpropeforheart.ca

Jump for healthy futures!

Kids can go to jumpropeforheart.ca and join their school to start counting their healthy habit streak today. Protecting your heart and brain is as EASY as practicing these healthy habits every day.

For even more fun and an extra challenge, kids can pick one EASY healthy habit during registration and track how many days in a row they've practiced it. Their Healthy Habit streak will show on their fundraising page so everyone can cheer them on!

Kids can track their streak at jumpropeforheart.ca

Healthy Habits are EASY

Eat fruits and vegetables

Active for 1 hour or more

Screens for less than 2 hours

Yes to water and no to sugary drinks

Fundraise online! jumpropeforheart.ca