



# We're participating in Jump Rope for Heart



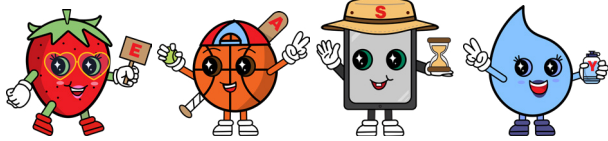
Dear Parents/Guardians,

Our school is excited to participate in Jump Rope for Heart this year! Students will discover fun ways to get active, practice healthy habits and learn about helping others while raising money to beat heart disease and stroke.

## We love participating in Jump Rope for Heart because:

### Students learn life-long habits:

Jump Rope for Heart is more than a fundraiser. It teaches students EASY Healthy Habits to help protect their heart and brain health – for a lifetime!



Eat fruits and vegetables

Active for 1 hour or more

Screens for 2 hours or less

Yes to water, no to sugary drinks

### Students can earn Thank You Gift Cards:

As our heartfelt thank you for your support, students can earn one of five Thank You Gift Cards, plus a chance to win two great contests! Gift cards are from Toys "R" Us, Indigo, Amazon or Walmart – based on the fundraising levels. Learn more at [jumpropeforheart.ca](http://jumpropeforheart.ca).

### Jump is customizable for all abilities:

On our Jump Event Day kids can move their way by jumping, dancing, wheeling and more!

### Kids feel good by doing good:

Students learn the importance of giving back as they collect donations that help fund critical research that saves lives, prevents heart disease and stroke, and supports survivors and their families. The funds collected help other kids like Julian, who suffered a pediatric stroke following his heart surgery.



### Jump gives back:

Schools that raise a minimum of \$500 will receive 8% of their fundraising dollars back to put towards what we need most or we can donate it back to Heart & Stroke to make an even bigger impact.



## Let's help Heart & Stroke save lives

**Sign up** online, visit [jumpropeforheart.ca](http://jumpropeforheart.ca)

**Click** Register

**Search** for our School Name or copy and paste the School Page Link below in your browser

**Register** to our school to create your own fundraising page

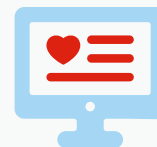
**Our Jump Event Day is on:**

**School Page Link:**

(Copy and paste this link into your internet browser)

## Fundraising at your fingertips

New Downloadable QR Codes!



1. Take your fundraising to the next level. Download your personal QR code from your online Participant Center.



2. Save the QR code to your device or print it, and let your child's imagination run wild as they decorate around the code to make it uniquely theirs.



3. Encourage your child to share their QR code with family and friends and ask them to scan it to donate!

