

IT TAKES HEART TO BE A HERO!



*"It's very easy to put the information sent home on the back burner if heart disease is not in your life. But my son is here today because of the research and awareness that has been made possible by the American Heart Association. If this had happened years ago, Nicholas might not be here. The folks who participate in Jump Rope For Heart are helping kids who have these issues now—and those who have yet to be born. As a mother of a child with a heart condition, I'm so grateful to anyone who can participate in any way. Every bit helps. Thank you."
——Karin, mother of Nicholas, 6, heart disease survivor*

Dear Parent/Guardian,

It takes heart to be a hero! I'm thrilled that our school is participating in a very special community service program: the American Heart Association's Jump Rope For Heart.

By participating in Jump Rope For Heart, your child will join millions of other children across the country in a meaningful opportunity to learn and help others. They will learn how their hearts work and how to take care of them through physical activity and nutrition. And they will learn about children 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! First sign and return the permission slip. Then help them with their learning and with their fund raising! They'll be bringing home some assignments to help them understand nutrition and health—and they may be practicing new jump rope skills. Your child will also be raising money to help others who have cardiovascular disease, including kids! You can help by asking friends and family to give in support of your child's efforts. Our Web site makes it easy. Your child can set up a Web page and you can e-mail friends/family to make secure donations. Visit americanheart.org/jump to get started.

We are really excited about this year's Jump Rope For Heart event and the experience it offers our students. We hope you will support your child's participation in this lifesaving, educational event. To learn more about the American Heart Association, Jump Rope For Heart, how children are affected by heart disease and how to keep your own family healthy, visit americanheart.org/jump.

Let's help our children be heart heroes!

Sincerely,

Special Notes:

- *Your child will receive thank-you gifts based on the donations he or she collects (or you can elect not to receive them.)*
- *Our school will also earn free physical education equipment.*
- *For the safety of our children, we ask that your child not go door-to-door or ask strangers for donations.*

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Collection Envelopes Due: _____ Event Date: _____

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