



SOAR HIGH EAGLES



IT TAKES HEART TO BE A HERO

Dear Parents:

Our school is participating in a very special community service program to raise funds for the American Heart Association. We're joining the fight against our nation's No. 1 and No. 3 killers, cardiovascular diseases and stroke.

This year marks the 17th year our Physical Education Programs here at CLDS has participated in the Jump Rope for Heart Program. The next five weeks students at Heroes will be learning Jump Rope skills during PE classes. Then on **February 14th** our school will hold a Jump Rope for Heart Event, where all students will jump rope at the same time at their grade level. These events are held at schools nationwide. This event not only helps students learn about the benefits of regular physical activity and heart health, but also raise funds to support the American Hearts Association efforts in heart programs.

Family and friends can support your child's participation by making contributions. However, we ask that children **DO NOT** go door-to-door. **If your child receives any cash donations, please convert those to a check prior to turning the collection envelope. We are not allowed to take cash donations. All checks should be made payable to the American Heart Association.**

To help your child raise money the fun and easy way, you are encouraged to use the online fund-raising tool found at Americanheart.org/jump, then click the link "I am ready". Your child can personalize his or her own Web page and include a message about why he or she is participating in Jump Rope for Heart. Next, send e-mails to friends and family to ask for support. After you have completed raising money online, print your child's online donation report and include it inside the collection envelop. Refer to the collection envelop to see how easy and fun online fund raising is. The song our students love so much, "**It takes Heart to be a Hero**" can also be found on the website. (see **attached sheet**)

Any questions please contact Mrs. McCarthy. Parents will be invited to attend their child's event time. **It takes Heart to be a Hero and make a difference in somebody's life.**

Sincerely;
Heroes Elementary School PE Teachers



