

GET READY TO HAVE FUN AND HELP SAVE LIVES!

Jump Rope for Heart program is returning to Tamarac Elementary School for 2017!!! **Jumping events will be held during your child's regular physical education class** with a focus on individual jumping skills. *While the physical activity is mandatory, the fundraising is optional.

Online Donations Due By: APRIL 7, 2017
***ONLY online donations accepted**



American
Heart
Association®
life is why™



REGISTER ONLINE today!

Here's how...

Step 1: Go to heart.org/jump

Step 2: In the **Find Your School** and **Sign Up** area, click on your state or enter the city where your school is located. Click on the first letter of your school's name. Once you find your school, click on **Join Team**.

Step 3: Create your Username, Password and answer a security question. **Click Continue.** (*Be sure your Username and Password are easy to remember.*)

Step 4: Fill out the registration form. Review the **Online Waiver** and click the box to accept it. Once you're done, click the **Continue** button.

Dear Parent/Guardian,

It's time for Jump Rope For Heart, American Heart Association's program that teaches students in 38,000 schools nationwide valuable lessons that will last a lifetime, such as:

1
2
3

YOUR CHILD learns about the importance of taking care of their heart and how it works. Did you know that heart disease is the leading cause of death in America? We can change that — 80 percent of risk factors for heart disease are preventable.

YOUR CHILD learns the importance of helping others through this service learning project. Did you know that a lion's roar can be heard from five miles away? Your child has the ability to make a difference and share their ROAR for heart health loud and clear! We're asking them to take their own heart challenge through our Zoo Crew E-Card and asking them to share that message with others. When they take the challenge and send it to 10 people, they will earn Rory's Zoo Crew Badge.

YOUR CHILD feels good for making a difference in people's lives! Funds raised support the American Heart Association's research and education initiatives that save lives in our community. Additionally, the school earns money for PE equipment so we can keep our children MOVING!

We've made it easy for your child to ask for donations by sending messages online or through our free mobile app!

- Mobile App or online— download the free mobile app by searching Jump in the app store or log onto heart.org/jump

As they share the message of heart-health and raise money, students will earn members of our Zoo Crew!

Thank you for your support!

Mr. Cordella & Ms. Harte
Physical Education Teachers
Tamarac Elementary School

And send your E-Card!

Here's how...

Step 1: Once you're registered, log in to your HQ and click on the E-Card under Step 2.

Step 2: Choose your character, background and personalize your card with your own picture (optional).

Step 3: Take a challenge.

Step 4: Add a personalized message or use the one provided and send to as many friends and family as possible. You can also share on social media and have friends support you that way.

Parents,

When your child raises \$5 for Jump Rope For Heart — fill out this coupon, tear it off and send it back to school with your child. They will receive their first Zoo Crew character, Rory, as well as a lanyard!



When you take the ZOO CREW E-CARD CHALLENGE and share with 10 people, you'll get Rory's Zoo Crew Badge to add to your lanyard.



heart.org/jump