

Let's Save Lives Together!

Dear Parent/Guardian:

La Canada Elementary is proud to partner with the American Heart Association through **Jump Rope For Heart during PE classes on Friday, April 1st!** This community service project teaches our students the importance of heart health (exercise, nutrition and living tobacco free) while having a great time jumping rope. Students also have the opportunity to raise funds for the **American Heart Association** to fund research and educational materials to lower the risks of America's #1 and #5 killers: heart disease and stroke. Students can collect donations in their collection envelopes, or by signing up online!

American Heart Association Mission: **to build healthier lives free from cardiovascular disease and stroke**

- **MISSION FOCUSED:** When your child talks about his/her reason for participating in Jump Rope For Heart (such as a lost loved one or a family history of heart disease), it helps them to connect the dots to a healthier life and might even inspire a few other family members to live heart healthy too!



WWW.HEART.ORG/JUMP

1. Click **Register**. Enter **CA** and **La Canada**. Select **Join Team!**
2. Create a personal webpage. Upload a picture and create an e-card!
3. Send out emails to Family and Friends! Post to social media!
4. Check out our **Free App** for smart phones that makes it easy for your child to text friends and family to join their campaign to be a heart hero! Search **Jump/Hoops** in the **app store**.

Students raising 10 or more online donations will be entered in a drawing for an iPad Mini!

****This drawing includes Jump Rope For Heart participants from the 10 most western states.*



INSTANT

POST-EVENT

- **GET YOUR PUPPIES TO THE PARK!** Students can collect Lifesaving Puppies as a thank you!
 - Super Pup (1st Puppy), Ninja Star (2nd Puppy) plus a Lanyard are earned when you raise your first **ONLINE DONATION!**
 - Martia N. Mutley (3rd Puppy) is earned when you raise \$85 in Online Donations.
 - The last 3 Puppies will be delivered to students after our event along with the other Thank you gifts.
- **Please return your donation envelopes to school by: FRIDAY, April 1st!** Please convert cash to checks, make checks payable to American Heart Association, or convert to online donation under schools page. You can even check with your place of employment to see if they offer a matching gift.2



"My mom and dad were told I would need a valve replacement when I am older. I want everyone to support the American Heart Association so that when the time comes for my surgery new technologies will be available to me."

Mason, age 11