

# Bollman Bridge Elementary School



## **Jump Rope for Heart 2018**

**APRIL 13, 2018**

Dear Parent/Guardian:

Did you know that for the first time in history, children's life spans are predicted to be less than their parents' because of inactivity and obesity-related illness? This fact is the reality of our nation today. Together our community and school can help make this a fact of the past!

On **Friday, April 13, 2018**, our school will participate in **Jump Rope for Heart**. This is a very special community service program to raise funds for the American Heart Association. **We're joining in the fight against our nation's No.1 and No.3 killers- cardiovascular disease and stroke.** The money we raise will help people in our community learn how to avoid heart disease and stroke and live longer, healthier lives. The school will also qualify for gift certificates for physical education equipment based on the amount we raise.

Jump Rope for Heart **will take place during your child's Related Arts time.** Therefore, volunteers are not needed but parents/guardians are encouraged to visit. Jump roping is part of the Physical Education curriculum and holding the event during the school day maximizes student exercise and allows students to participate. All students will jump, but **fund raising is optional.**

All Students receive a pledge envelope for collecting pledges in their Wednesday folder. *We ask that children do not go door-to- door or ask strangers for donations.* Any contribution is greatly appreciated. Cash is welcome and checks should be made payable to the American Heart Association. **You may also raise money online by creating a website for your child by visiting [www.americanheart.org/jump](http://www.americanheart.org/jump).** Parents may also see their employers for matching gift forms to double donations Just include these forms in your envelope attached to the check(s).

**Our efforts truly make a difference!**

\*\* If you have already turned in you permission slip and donations they will be sent to the American Heart Association on April 29, 2013.