

Dear Parents/Guardian,

On Thursday, October 19 our Elementary and Junior High School will be holding a Jump Rope for Heart and Hoops for Heart event to raise funds for the American Heart Association.

This event offers many benefits. First, the money our school raises will help fund potentially lifesaving research into heart and blood vessel disease and stroke, our nation's No. 1 and No. 3 killers. It will also fund the development of educational materials that teach the importance of heart health and staying fit. Our school earns gift certificates for physical education equipment if we reach our goal of \$1,500. I want to thank everyone who participated last year. Hopefully, we can reach our goal of \$1,500 this year.

Jump Rope for Heart and Hoops for Heart will benefit your child, too. Besides being fun, it teaches jump rope skills, Basketball skills, the importance of physical activity and community service. Depending on the amount of contributions collected, your child will be eligible for a variety of thank-you gifts.

On the flap of the Participant Collection Envelope is a Release and Indemnification Form permitting your child to participate in the event. Your child must turn in a signed Release and Indemnification form to participate in raising money and to receive the thank-you gifts. All Physical Education Classes will be doing jump rope or basketball activities starting October 16 and ending October 19, but only the Students who turn in the appropriate forms will be allowed to collect money and receive thank-you gifts.

Please have your child turn in all their money by Thursday, October 19. If you have any questions about the Jump Rope for Heart or Hoops for Heart, please contact Sam Nicholas or Aly Ferrari at 452-3085.

Sincerely,
Physical Education Department