

Dear Parents/Guardian,

On Thursday, October 18 our Elementary and Junior High School will be participating in the Kids Heart challenge 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.

The Kids Heart Challenge will benefit your child, too. Besides being fun, it teaches the importance of physical activity, a healthy diet 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 kids heart challenge activities starting October 15 and ending October 18, 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 18. If you have any questions about the Kids Heart Challenge, please contact Sam Nicholas or Diane Razo at 452-3085.

Sincerely,
Physical Education Department