



Presenting Partner



Dear Parent/Guardian,

Our school is participating in Jump Rope for Heart! For more than 40 years, Jump has encouraged kids to be active, build healthy habits and raise money that will make a difference in the fight to beat heart disease and stroke.

Register today!

Sign up online today at jumpropeforheart.ca

Search our school and click "Register".

Need help registering, use the [How to Register Your Child Guide](#).



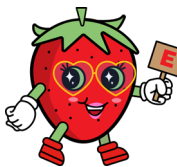
School goal: _____

Event date: _____

Once registered, you can share your child's page with friends and family. Learn how [here](#).

For additional fundraising tips visit the Families Corner at jumpropeforheart.ca.

Don't forget to practice your EASY Healthy Habits!



Eat fruits and vegetables



Active for 1 hour or more



Screens for 2 hours or less



Yes to water, no to sugary drinks

