

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 <u>How to Register Your Child Guide</u>.

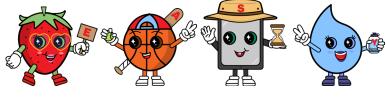
School goal:

Event date:

Once registered, you can share your child's page with friends and family. Learn how <u>here</u>.

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

Don't forget to practice your EASY Healthy Habits!





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Active for 1 hour or more

Screens for 2 Yes t hours or less to su









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