

May 3rd to May 17th, 2021



If you need any assistance, please  
contact Karma McMurray at  
Warner School (403-642-3931)

Dear Parents,

Jump Rope for Heart is an event nobody wants to skip!

Our school participated in the Jump Rope for Heart digital kick-off assembly to kick-off our event. From now until the event, students can learn fun ways to get active for heart health while raising awareness and support for Heart & Stroke!

**Be part of the movement!**

We love participating in Jump Rope  
for Heart because:

**Students learn life-long habits:** Jump encourages kids to be active and live healthy. A lesson students will value for life!

**Kids feel good by doing good:** Jump helps teach social responsibility and the importance of giving back. By fundraising for Jump Rope for Heart, students are collecting donations that fund critical research that's saving lives, preventing heart disease and stroke, and supporting survivors and their families.

**Fits any time, place, and activity:** Jump, dance, move, on our schedule, at school, at home or online.

**Jump gives back:** Schools get 10% of net fundraising dollars back to the school, or earn points redeemable for sports equipment, learning materials like robotics kits, and more!

Join our school and help Heart & Stroke save lives by jump-starting your fundraising at [jumpropeforheart.ca](https://jumpropeforheart.ca)

**Here's how:**

Join our school at [jumpropeforheart.ca](https://jumpropeforheart.ca)

**Help your child set up their fundraising page online. NEW:** The safety and wellbeing of students, teachers, schools and communities is a top priority for Heart & Stroke which is why Jump is moving fundraising fully online this year.



Jump puts the FUN in FUNdraising!

Fundraise online! [jumpropeforheart.ca](https://jumpropeforheart.ca)

## Fundraise online to earn one of five Thank You Prizes!\*

### Online gift card options:



#### Register online:

1 ballot entry to win 1 of 5  
\$500 Toys "R" Us gift cards



#### Raise \$25 online:

\$5 Gift Card  
(Walmart or Indigo only)



#### Raise \$50:

2 ballot entries to win 1 of 5  
\$500 Toys "R" Us gift cards



#### Raise \$75:

\$15 Gift Card



#### Raise \$150:

3 ballot entries to win 1 of 5  
\$500 Toys "R" Us gift cards



#### Raise \$250:

\$25 Gift Card



#### Raise \$500:

\$50 Gift Card



#### Raise \$1,000:

\$200 Gift Card

Check out the Wish List on Parents' Corner at [jump rope for heart.ca](http://jump rope for heart.ca) for great examples of prizes you could purchase at each prize level!

\*Prizes are non-cumulative this year. One Thank You Prize will be awarded based on total donations collected online. New Brunswick excluded from these prizes.

**Fundraise online!** [jump rope for heart.ca](http://jump rope for heart.ca)

## Kids helping kids

When you raise funds for Jump Rope for Heart, you support research that helps other kids, like:



**Dani**

Was born with congenital heart disease.



**Nolen**

Had a stroke before he was born.



**Emily & Wendy**

**"You've got to pay attention. A stroke can happen to anybody at any time."  
– Emily**

Emily, 9, learned the FAST signs of stroke at a Jump event at her school and a week later, she used them to save her grandmother Wendy's life!



**Madeleine**

Had a cardiac arrest when she was five.



**Zoe**

Wears a device in case her heart isn't beating the way it should.



**Kayla**

Kayla fundraised online and used social media to tell as many people as possible. It worked and she raised more than \$7,000.

**"I jump for my dad. He had heart disease and I love him so much." – Kayla**

**Congratulations, Kayla!**

### **The letters in FAST stand for:**

**Face** – is it drooping?

**Arms** – can you raise both?

**Speech** – is it slurred or jumbled?

**Time** – to call **9-1-1** or your local emergency number, right away.

**Fundraise online!** [jumpropeforheart.ca](http://jumpropeforheart.ca)

## Jump for healthy futures!

Kids can go to [jumpropeforheart.ca](http://jumpropeforheart.ca) and join their school to start counting their healthy habit streak today. Protecting your heart and brain is as EASY as practicing these healthy habits every day.

### Healthy Habits are EASY



Eat fruits and vegetables



Active for 1 hour or more



Screens for less than 2 hours



Yes to water and no to sugary drinks

For even more fun and an extra challenge, kids can pick one EASY healthy habit during registration and track how many days in a row they've practiced it. Their Healthy Habit streak will show on their fundraising page so everyone can cheer them on!

Kids can track their streak at [jumpropeforheart.ca](http://jumpropeforheart.ca)



Fundraise online! [jumpropeforheart.ca](http://jumpropeforheart.ca)



## How to Register

Online fundraising allows you to easily raise funds and share life-saving information with your friends and family. Here's how to get started:

1. Go to [www.jumpforheart.ca](http://www.jumpforheart.ca) and click "JOIN YOUR SCHOOL".



2. Search for your school. Once found click "JOIN"

**Tip:** If you cannot find your school, remove an accent or punctuation. For example: change École to Ecole or St. to St

### Join my school

Start by searching for your school

If lots of schools with a similar name return in the results, try filtering the list by province. Make sure you select the school with the correct address

TIP: If you cannot find your school, remove an accent or punctuation. For example, change École to Ecole or St. to St

Still can't find it? [contact us](#)

Blueprint School

Address: 1234



3. Complete the **Participation Options** page and click "Next Step".

Participation Options

Search:

Participation Options

Colony's Participation Types Indicates Required

☒ Student Fundraising

☐ Teacher Fundraising

☐ Teacher Fundraising

Post Fundraising Card  
1/1/17





## How to Register for the first time

1. If you are registering online for the first time then select "Join as a New Participant"

A screenshot of a web page titled "Returning Participant or User Login". At the top, there is a blue header with the title. Below the header, there is a progress bar with five steps: 1. Get started, 2. Select Location, 3. Register (highlighted in blue), 4. Review, and 5. Finish. The main content area is titled "Returning Participant or User Login". It has three sections: "New User" with a button "Join as a New Participant" (highlighted with a red box), "Returning User" with fields for "User Name" and "Password" and a "Login" button, and "Social Login" with buttons for "Facebook", "Google", "LinkedIn", and "Twitter". A red asterisk and the text "Fields are Required" are visible in the top right corner.

2. Complete the **Registration** pages and click "Next Step". Most fields are required in order to continue.

A screenshot of a web page titled "Registration". At the top, there is a blue header with the title. Below the header, there is a progress bar with five steps: 1. Get started, 2. Select Location, 3. Register (highlighted in blue), 4. Review, and 5. Finish. The main content area is titled "Registration". It has two sections: "Personal Information" with fields for "First Name" and "Last Name", and "Contact Information" with fields for "Address (Street 1)", "Address (Street 2)", "City", and "Phone Number". A red asterisk and the text "Fields are Required" are visible in the top right corner.

3. Read and agree to the **Participation Waiver** in question # 7. Click "Next Step".



4. Confirm your **Registration Summary** is correct. Click "Complete Registration".

Registration Summary

1. Set Name

2. Add a Photo

3. Payment Method

4. Payment Info

5. **Review**

Complete Registration

**Jump Rope**

Jump Rope Fundraiser 100% of Proceeds to Heart & Stroke [Link]	Participant Type <b>Student Fundraiser</b> Get Donation Amount	\$1.00 \$0.00
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Participant Total: \$0.00

The amount you will be charged
\$0.00

Back

Jump

Click to Complete

5. You are now registered! Click "Access your Participant Centre". You will receive an email confirming your online registration information.

Thank you for Registering

Thank you for registering for Jump Rope for Heart 2014. Please visit Page 41 of our Participant Handbook and go to [jump rope@heartandstroke.ca](mailto:jump rope@heartandstroke.ca)

You will now have access to your Participant Centre

Access your Participant Centre

**Registration Summary**

**Jump Rope**

Jump Rope Fundraiser 100% of Proceeds to Heart & Stroke [Link]	Participant Type <b>Student Fundraiser</b> Get Donation Amount	\$1.00 \$0.00
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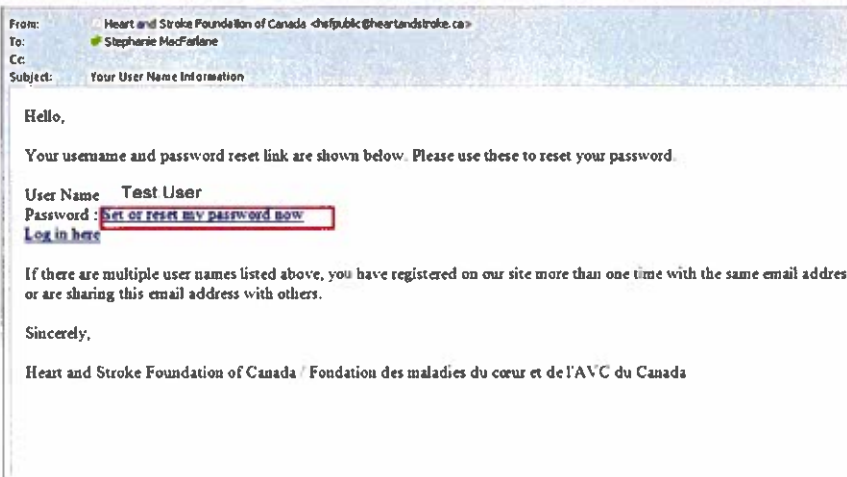
Participant Total: \$1.00

Back

Jump

Click to Access Participant Centre





4. You will be redirected back to the Jump Rope for Heart website where you can set a new password and a password hint. Click "Submit"



User Login > Reset Password

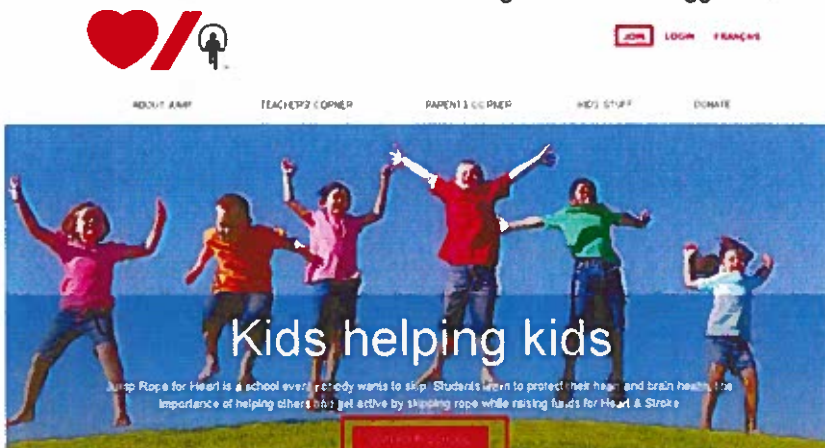
\* User Name: Test User

\* New Password:

\* Retype Password:

Password Hint:

5. You will be redirected back to the Home Page and will be logged in. Click "JOIN YOUR SCHOOL"







# Facebook fundraising

You may have heard the recent news that Facebook has now enabled fundraising tools across Canada. Facebook Fundraisers are a valuable tool to help you utilize the platform to fundraise from friends and family for your event.

It is important to know that Facebook Fundraisers do not automatically integrate with your Jump Rope for Heart fundraising account. Before you get started, we wanted to provide you with guidelines to be sure you set-up your Facebook Fundraiser in a way that is able to be tracked and credited to your fundraising efforts.

## How to set up your fundraiser

1. Select **Fundraisers** on your Facebook navigation menu. This will be found on the left side of your browser for desktop devices and in the drop-down menu on Facebook mobile applications.
2. From the Fundraisers screen, select the **Raise Money** button, you will be prompted to set-up your fundraiser. Please follow the next steps to ensure your fundraiser will be recognized by Heart & Stroke and properly credited to your Jump Rope for Heart fundraising account.
3. From the *Who are you raising money for?* menu, select **Charity** and search for "The Heart & Stroke Foundation of Canada".
4. Upon selecting "The Heart & Stroke Foundation of Canada", you will be prompted to enter a dollar amount and end date for your fundraiser.
5. On the next menu screen, **update the title of your fundraiser** to the following: **Jump Rope for Heart**. This is the only way Heart & Stroke will be able to identify your fundraiser and link your Facebook Fundraiser to your fundraising account.
6. Complete the creation of your fundraiser.

## Important points to keep in mind:

- Funds raised through Facebook Fundraising will take up to 60 days to be credited to your Jump Rope for Heart fundraising account.
- Funds raised through Facebook Fundraisers cannot be counted towards prizes and incentive gift cards (Jump Only)
- To guarantee that funds raised will be allocated towards your event fundraising account be sure to follow each step above and include all relevant information as outlined.
- Facebook Fundraisers is not affiliated with the Heart & Stroke Foundation

