May 3rd to May 17th, 2021

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

Jump puts the FUN in FUNdraising!

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

Here's how:

Join our school at 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.

Fundraise online! 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

$5

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

$15

Raise $75:

$15 Gift Card

Raise $150:

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

$25

Raise $250:

$25 Gift Card

$50

Raise $500:

$50 Gift Card

$200

Raise $1,000:

$200 Gift Card

Check out the Wish List on Parents' Corner at jumpropeforheart.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! jumpropeforheart.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

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.

Congratulations, Kayla!

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

"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!

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

Jump for healthy futures!

Kids can go to 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

Fundraise online! jumpropeforheart.ca

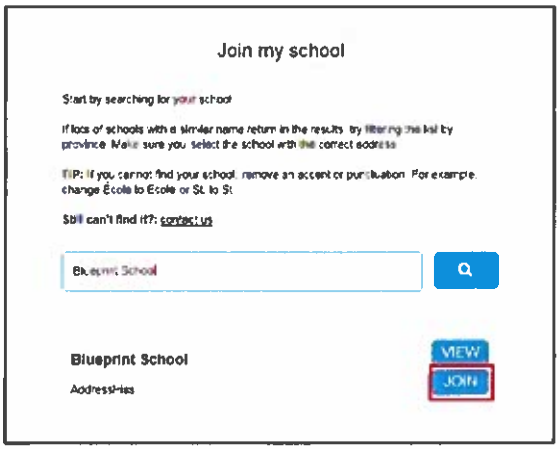
How to Register

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

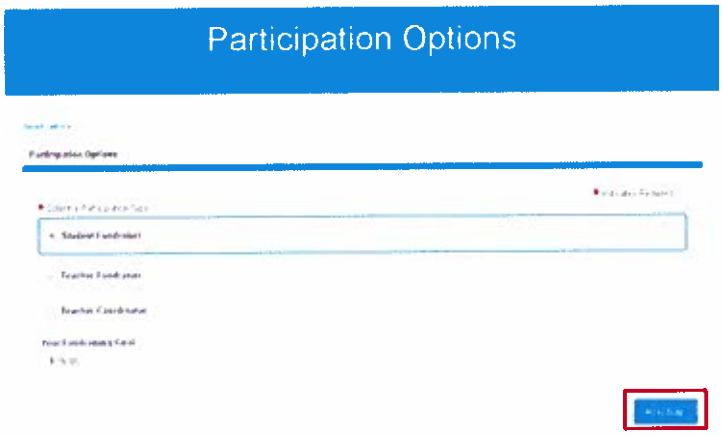
1. Go to www.jumpropeforheart.ca and click "JOIN YOUR SCHOOL".

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



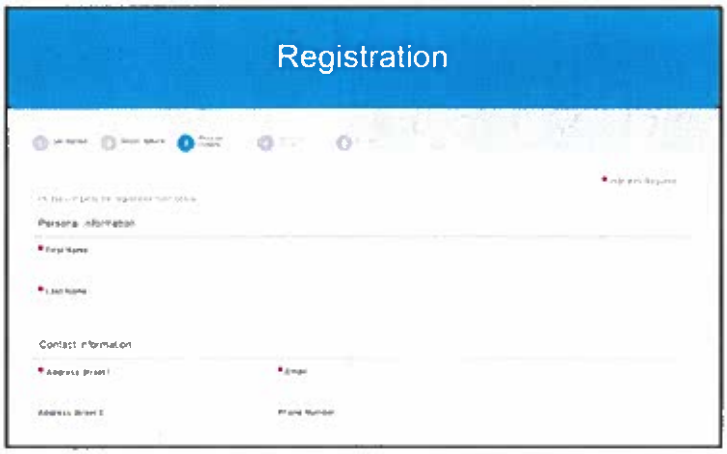
3. Complete the **Participation Options** page and click "Next Step".



How to Register for the first time

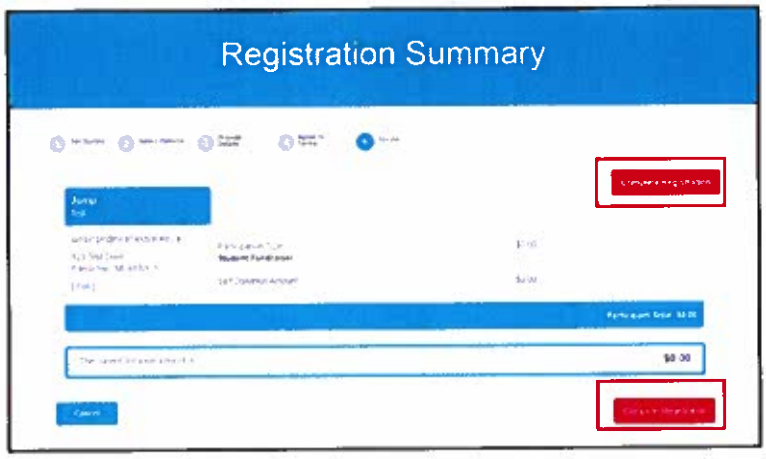
1. If you are registering online for the first time then select "Join as a New Participant"

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

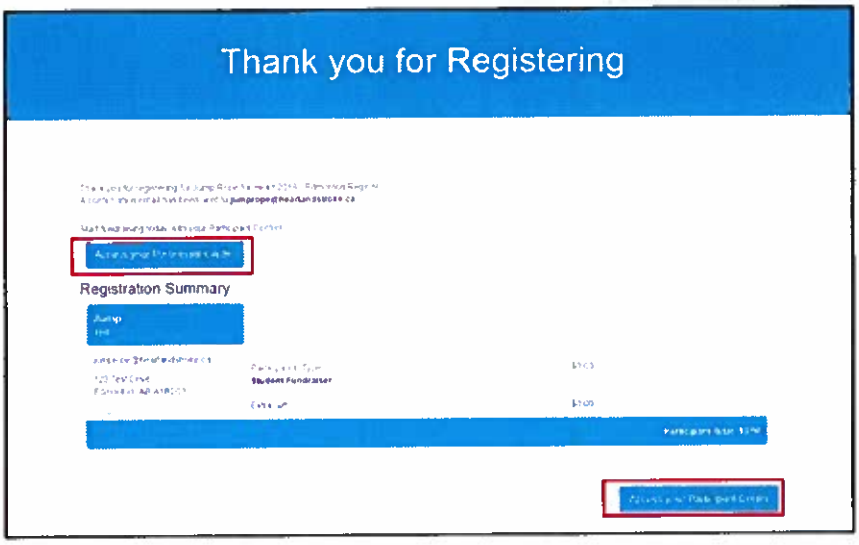


3. Read and agree to the **Participation Waiver** in question # 7. Click "Next Step".

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

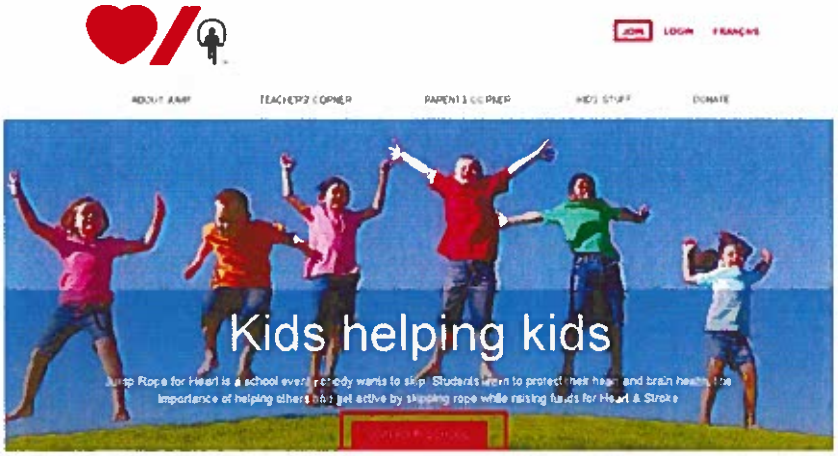


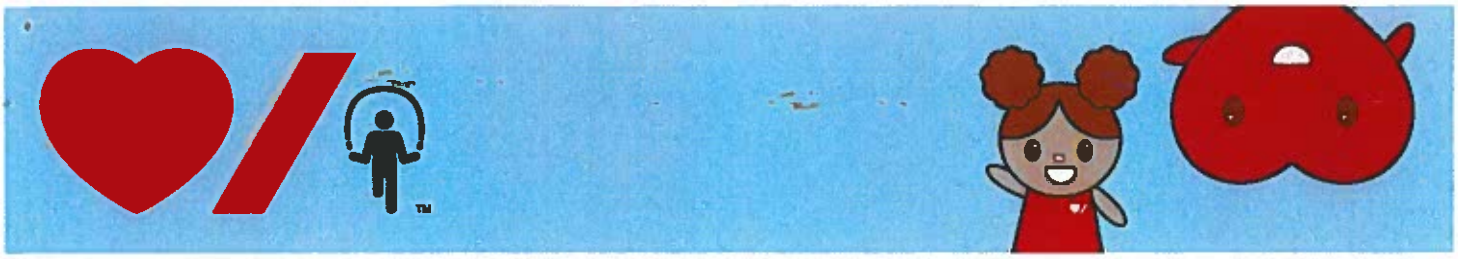
5. You are now registered! Click "Access your Participant Centre". You will receive an email confirming your online registration information.



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"

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

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