Desjardins

From May 1st to May 12th, our elementary classes will be jump roping each day to bring awareness, and to prepare for the Event.

Dear Parents/Guardians,

**Check email on how to register your child.

Jump Rope for Heart is the school FUNdraising event that nobody wants to skip. Students discover fun ways to get active, practice healthy habits and learn about helping others while raising money to beat heart disease and stroke.

We recently hosted our Jump Rope for Heart kick-off assembly to launch this year's program. From now until our Jump event, students will learn fun ways to get active for heart health while raising awareness and support for Heart & Stroke.

We love participating in Jump Rope for Heart because:

Students learn life-long habits:

Jump encourages kids to be active and live healthily. A lesson they will value for life!

Kids feel good by doing good:

Students learn the importance of giving back as they collect donations that help fund critical research that saves lives, prevents heart disease and stroke, and supports survivors and their families.

Fits any time, place and activity:

Kids can move their way by jumping, dancing, wheeling and more, on their schedule, at school or home.

Jump gives back:

Schools that raise a minimum of $500 will receive 8% of their fundraising dollars back to put towards what they need most (think, sports equipment, or educational tools!) or can donate back to Heart & Stroke to make an even bigger impact.

Be part of the movement - register today!

Join our school and help Heart & Stroke save lives by jump-starting your fundraising. Here's how:

Visit **jumpropeforheart.ca** and click "Register" and search for our school's name or copy and paste the school link below to register right from our school page!

Help your child set up their fundraising page online. It's never been easier.

School Page Link :

https://jumpropeforheart.crowdchange.ca/17305

(Copy and paste this link into your internet browser)

Kids helping kids!

The funds kids collect supports research that helps other kids and families across the country.

Dani
Was born with congenital heart disease.

Zoe
Wears a device in case her heart isn't beating.

Nolen
Had a stroke before he was born.

Madeleine
Had a cardiac arrest when she was five.