



**It Takes Heart  
to be a Hero!**

## **Help Your Child Save Lives and be a Heart Hero!**

**HOW:** Support your child in the American Heart Association's Jump Rope For Heart/Hoops For Heart program

**WHAT:** A life-saving and educational community service program

**WHY:** Your child will help kids with special hearts, learn about how to be heart healthy and feel good!

**Dear Parent/Guardian,**

We are thrilled to share our school is supporting the American Heart Association's Jump Rope For Heart and Hoops For Heart programs!

When your child participates he/she:

- **Learns about the importance of the heart – how it works, and how to take care of it:** Through classroom exercises and educational information provided by the American Heart Association.
- **Helps kids with special hearts:** Our *safe* online tool makes it *easy* for your child to set up a Web page and send emails to invite friends and family to support their fundraising efforts and to share life-saving information.
- **Feels good for making a difference in people's lives!** Funds raised support American Heart Association research and education initiatives that *save lives in our community*. Congenital heart defects are the most common cause of infant death from birth defects. Many children are alive today because of treatments not available even 10 years ago. *Funded research and advancements have changed and saved their lives!*

Visit [www.heart.org/jump](http://www.heart.org/jump) (grades K-3) or [www.heart.org/hoops](http://www.heart.org/hoops) (grades 4-8) to get started today!

**Jump Rope For Heart and Hoops For Heart Celebrations will take place during the  
week of February 11th  
Donations due: February 15th**

*Special Notes:*

*\*Please make checks payable to American Heart Association.*

*\*For the safety of our children, we ask that your child not go door-to-door or ask strangers for donations.*

*\*Our school also has the opportunity to earn free physical education equipment.*