

**IT TAKES HEART
TO BE A HERO!**



"I think there is tremendous power in kids helping kids. It develops so many of the qualities every parent wants to see in their child: generosity, acceptance, self-respect and self-empowerment.

My son has a donor valve. If this type of research keeps getting funded, I am confident that in the future, one sick child's life will not depend on the tragic death of another child. This is an exciting time in history, and donations made to the AHA can make this future vision a reality."

~ Abigail, mother of James, Age 8, heart disease survivor

Help Your Child Save Lives and be a Heart Hero!

HOW: Support your child in the American Heart Association's Jump Rope 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 program! When your child participates in Jump Rope For Heart 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. Please see instructions on the back of this letter.
- **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!*

We hope you are as excited as we are to support our students in this important experience! If you have any questions or would like to volunteer, please let me know. Let's help our children be *heart heroes!*

Visit www.heart.org/jump to get started today!

Please return your child's donation envelope by:

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.*

Students – How to SIGN UP to Make Your Web Page!

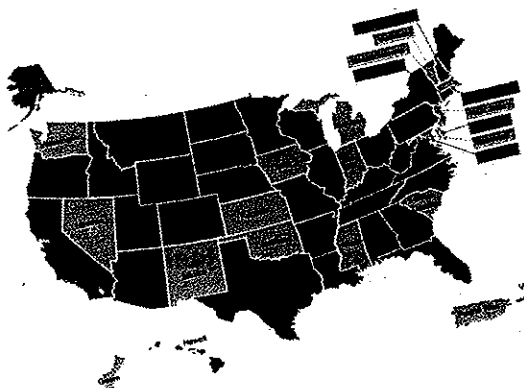


American Heart Association
Learn and Live

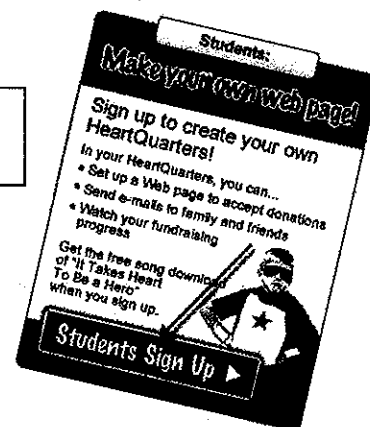


Make a Jump Rope For Heart Web Page and YOU will have super powers to raise more life-saving donations! To get started - you will need to Sign Up and Join your School Team. Here's how...

Step 1: Visit www.heart.org/jump and click on the button that says 'Students Sign Up'.



Step 2: Click on the state you live in and follow the screen instructions to find your school team. When you find your school, click 'Join This Team'.



Step 3: Set your fundraising goal! You can also kick-start your fundraising efforts by making a personal donation when you sign up!

***For NEW students who did not make a fundraising web page last year, select the option that says this is your first time making a web page. If you are a RETURNING student, select the option that says you made a web page last year.*

Step 4: Fill out your information. Next, come up with your own **Username and Password**.

***Be sure it's easy to remember. A Username is like a code name. You will need a Username and Password to get into your HeartQuarters.*

* User Name: 5 to 60 characters
* Password: 20 characters
* Repeat Password:

Step 5: Have your parent or guardian sign off on the online waiver.

Step 6: Double check your information. Click the button 'Complete Registration' to finish signing up.

CONGRATULATIONS! You are done joining your school team. Now, you can go make your fundraising web page in your very own HeartQuarters and send out emails to friends & family! Write your Username and Password below so you don't forget.

MY USERNAME: _____

MY PASSWORD: _____

americanheart.org/jump

If you need additional assistance, you may call our Help Desk toll-free at 877-824-8531 between 8 am - 6 pm (Central Time), Mon - Fri.



Viola Gibson Elementary Jump Rope for Heart is on Friday, February 24th

Special Incentives:

Top Fundraiser-will be recognized with a medal

Top Participation Class – will be recognized with a traveling trophy

T-Shirt Club – raise \$40 and get to autograph Coach Pakk's shirt and earn your own **JRFH** shirt!

Break the Bank – Our School goal this year is \$15,001.00

Why \$15,001.00? The top fundraising school from last year has a goal of \$15,000.00. Let's shoot for #1. Last year we raised nearly \$13,000.00. We can make \$15,001.00 with everyone's participation. The easiest way to reach this goal is on-line fundraising. See the instructions for on-line fundraising on your child's envelope. If we "**Break the Bank**" there will be an all-school reward in the spring.

Just about everyone knows someone who has been touched by heart disease or stroke. All students are invited to fill out & return the heart below with the name of the person they would like to participate in honor of.

Cut here-----

Your Name
is jumping in Honor of:

Person/reason you are jumping in honor of

American Heart Association | JUMP ROPE FOR HEART
Learn and Live

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