

CPS AHA Jump Rope/Hoops for Heart Day

Friday, March 8, 2019

CPS Goal: To hold a fun and successful fundraiser for the American Heart Association!

Benefits: The money raised will help support potentially lifesaving research for heart and blood vessel disease and stroke, our nation's number one and number two killers. It will fund the development of educational materials that teach the importance of heart health and staying fit. Jump rope and basketball activities are fun and excellent exercise and students will learn the importance of physical activity and community service. In addition, our school receives gift certificates for physical education equipment.

To participate:

- All **Grades K-4 students** have been given an AHA form that includes a permission slip *and* participant's sponsor form. Extra forms will be in the gym and Main Office. **Grades 5-8 students** will be given an AHA permission slip/sponsor form *only* if they express interest in participating in this fundraiser. In Middle School, students have the option to participate in jump rope (Jump Rope for Heart) and/or basketball (Hoops for Heart) activities.
- **In order for a student to participate in this event, permission slips and sponsor donations must be returned by Wednesday, March 6.**

Reminders:

- ❖ We encourage students to contact friends and family to raise funds and share lifesaving information. We ask that they do not go door to door or ask strangers for donations. See more information on the donation envelope. Checks *must be made payable to the American Heart Association.*
- ❖ **To make an online donation, please go to the AHA website link to register: <http://american.heart.org/kidsheartchallenge/> and select Clinton Public School.**
- ❖ On March 8, all participants must wear sneakers and comfortable clothing that will not interfere with jump rope and basketball games.
- ❖ AHA Thank you gifts will continue to be awarded based upon *the CPS final donation average* and not on individual collection amounts.
- ❖ **Calling all CPS volunteers! Please join us for an hour during JR/HFH Day!** We need adult volunteers to help turn rope and direct our K-4 activity stations. Our 3rd and 4th grades will jump from 1:15-2:00 p.m. Our kindergarten, 1st and 2nd grades will jump from 2:00-2:40 p.m. ***If you are interested in helping us on March 8, please contact Mr. Bidwell or Mrs. Bulger.***