



We're participating in Jump Rope for Heart



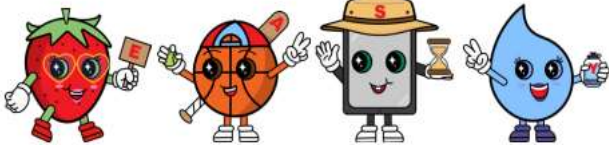
Dear Parents/Guardians,

Our school is excited to participate in Jump Rope for Heart this year! Students will discover fun ways to get active, practice healthy habits and learn about helping others while raising money to beat heart disease and stroke.

We love participating in Jump Rope for Heart because:

Students learn life-long habits:

Jump Rope for Heart is more than a fundraiser. It teaches students EASY Healthy Habits to help protect their heart and brain health – for a lifetime!



Eat fruits and vegetables

Active for 1 hour or more

Screens for 2 hours or less

Yes to water, no to sugary drinks

Jump is customizable for all abilities:

On our Jump Event Day kids can move their way by jumping, dancing, wheeling and more!

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. The funds collected help other kids like Julian, who suffered a pediatric stroke following his heart surgery.



Students can earn Thank You Gift Cards:

As our heartfelt thank you for your support, students can earn one of five Thank You Gift Cards, plus a chance to win two great contests! Gift cards are from Toys "R" Us, Indigo, Amazon or Walmart – based on the fundraising levels. Learn more at jumpropforheart.ca.

Jump gives back:

Schools that raise a minimum of \$500 will receive 8% of their fundraising dollars back to put towards what we need most or we can donate it back to Heart & Stroke to make an even bigger impact.



Let's help Heart & Stroke save lives

Sign up online, visit jumpoproforheart.ca

Click Register

Search for your School Name or click the School Page Link below

Register to our school to create your own fundraising page

Our Jump Event Day is on:

June 10, 2024

School Page Link:

<https://jumpoproforheart.crowdchange.ca/44720>



© Heart and Stroke Foundation of Canada, 2024 |™ The heart and / Icon on its own and the heart and / Icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada. The Desjardins Financial Group logo and brand are registered trademarks of the Fédération des caisses Desjardins du Québec. Prior authorization is required for any third-party use of a Desjardins logo to ensure our logo and brand are used appropriately. Authorization is granted for a specified period of time.

Fundraising at your fingertips

New Downloadable QR Codes!



1. Take your fundraising to the next level. Download your personal QR code from your online Participant Center.



2. Save the QR code to your device or print it, and let your child's imagination run wild as they decorate around the code to make it uniquely theirs.



3. Encourage your child to share their QR code with family and friends and ask them to scan it to donate!

