



Dear Parents and Guardians,

Supporting kids' health for more than 30 years, Heart & Stroke Jump Rope for Heart encourages kids to get active by skipping rope and other physical activity, while they raise awareness and collect pledges for heart disease and stroke research. This program gives children the chance to jump and play alongside 750,000 other kids in more than 4,000 schools across Canada.

Jump Rope for Heart also features simple challenges and information that teach kids the benefits of being active and eating healthy. It's a fun way for the whole family to learn how to live long, healthy lives. Support your child in this exciting journey for a great cause!

Making a donation is an individual choice and not dependent on whether your child gets to participate in the event. Jump Rope for Heart is an all-inclusive, non-competitive event.

Please consider supporting your child's fundraising efforts by making a cash or cheque donation in the amount of your personal choosing in the attached envelope. All cheques should be written to "Heart and Stroke Foundation". All donations of \$20 or more are eligible for a tax receipt, so please fill in donor information on the pledge form!

Students can also fundraise online at www.jumpropeforheart.ca. Fundraising online is the best way to reach your child's fundraising goal and earn great Thank You prizes. Here's why:

- ✓ Get a FREE \$5 kick-start when you register your child to fundraise online.
- ✓ It's safe and secure. Your privacy and personal information is important to us.
- ✓ Easy to contact out-of-town family and friends. Use email, Facebook, Twitter and LinkedIn to send links to your child's personal fundraising page.
- ✓ Instant tax receipts. Your donors get tax receipts via email. There's no need for you to keep track.
- ✓ Less hassle. Save time keeping track of donations.
- ✓ Save some trees. Online means less paper — and that's a more environmentally conscious way to raise funds.

Envelopes must be returned by **Friday, May 26th**

Our Jump Rope for Heart KICK OFF ASSEMBLY is **Monday, May 8th**

Our Jump Rope for Heart EVENT DAY is **Friday, May 26th**

Together, we can help protect hearts and keep all kids healthy!