

Dear Parents/Guardians,

Our school is participating in the Heart Foundation Jump Rope for Heart program and we would love your support!

Heart Foundation Jump Rope for Heart is an exciting and non-competitive program, which encourages children to become more active through skipping, learning new skills and raising vital funds for heart research and community health programs.

Skipping is an excellent way for children to keep fit and healthy. Over the next few weeks, your child(ren) will be learning a range of fun skipping skills and new tricks. We will emphasise the importance of regular physical activity and the importance of healthy eating for a healthy lifestyle.

Jump Rope for Heart is also a great way to encourage children to get involved in our community and support Australia's leading heart health charity, the Heart Foundation. The Jump Rope team provides us with lots of resources and support to implement the program and in return we ask that students help by seeking sponsorship for their involvement.

How to register your child:

Visit: www.jumprope.org.au and click on **REGISTER**

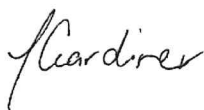
A secure fundraising page will be created as soon as you register, and then you are encouraged to share this link with as many people as possible. This is an easy, safe way for your child to monitor their progress, receive bonus prizes and even receive sponsorship from family and friends who are further afield.

At the end of the program, we will be holding a Jump Off on Friday 24th of November from 1.50pm. This is an event to celebrate the conclusion of the Jump Rope program and it's a great opportunity for you to witness how much fun skipping can be—come along and pick up a rope!

When your child(ren) has/have finished fundraising online let your teacher know and for your own reference you may like to print out a copy of the donations received online.

Thank you for joining us in the fight against heart disease and we look forward to getting the whole school jumping!

Yours sincerely,



Jamie Gardiner - Jump Rope for Heart School Coordinator



