



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

Dear Parents,

It's time for our PSE "Healthy Heart" celebration service project! **The Jump Rope for Heart envelopes will be coming home Monday, January 7th**, so be on the lookout for those! If your family chooses to participate, please help your child recruit sponsors (grandparents, neighbors, aunts, uncles, coworkers, etc.) to help support his/her efforts to promote "heart-healthy" lifestyles. There are two ways to donate: **Online**, or cash and checks. Registering online is fast, easy, and SAFE! Instructions are on the envelopes that are coming home. If a company is in the matching gift program, please fill out the appropriate forms and submit those in the envelope as well. To find out more information on matching gifts go to:

[https://donate.americanheart.org/ecommerce/aha/aha\\_index.jsp](https://donate.americanheart.org/ecommerce/aha/aha_index.jsp) and scroll to the bottom of the page.

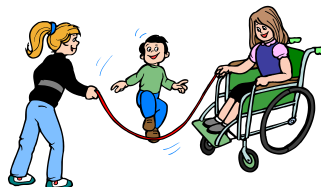
All donations are **tax deductible** gifts to the American Heart Association. Providence Spring will also receive a portion of the money raised to purchase new equipment for Physical Education!!! Yay! ☺

We are excited and jumping at the chance to join in the fight against heart disease by participating in our "Jump Rope for Heart" event February 1 - February 8. All PSE students will have the opportunity to participate and will be awarded a certificate for completing the circuit of various jumps. Students who collect donations from sponsors are eligible to receive "thank you" prizes according to the amount of money collected.

**\*\*PLEASE KEEP ALL ENVELOPES AT HOME UNTIL YOUR CHILD'S JUMP DAY\*\***

Parents, you can help by volunteering to come during your child's class, and supervise and/or participate at a station. **NO SIBLINGS** are allowed at this event. The Jump Rope for Heart schedule will be in next week's Rocket.

**Thank you for your support and enthusiasm!**



*Ms. Maxson*