



IT TAKES HEART TO BE A HERO!

Dear Parents,

Our PSE “Healthy Heart” celebration service project is underway! The Jump Rope for **Heart** envelopes were sent home on January 7th. 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 went 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/eccommerce/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 receive a portion of the money raised to purchase new equipment for Physical Education!!! Yay! 😊

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

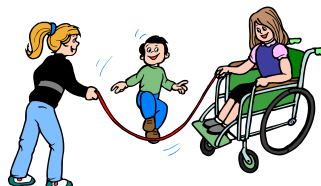
(February 1-8)*

PERMISSION FORMS DO NOT NEED TO BE SENT IN.

😊 The Jump Rope for **Heart** schedule is below 😊

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.

Thank you for your support and enthusiasm!



Ms. Maxson

VOLUNTEERS NEEDED FOR...



The PSE Jump Rope For Heart event will run from Friday February 1st – Friday February 8th. This is a great event that shows students exercising can be fun, and we celebrate the money raised for the American Heart Association. During PE class, the students will jump rope at a variety of stations. We need AT LEAST SIX parent volunteers to run the stations for K-2, and we need AT LEAST SIX volunteers to help record jump roping results for the upper grades (3-5). More information will be given when you arrive, so please come 10 minutes early! Regardless if you and your family choose to raise money, all students will participate in the event. Please review the schedule below and sign up for a shift(s) if you are available. Also as a reminder, younger siblings are not permitted at PSE special classroom events including Jump Rope for Heart.

If you are available to work a shift(s) – please contact Julie Knafelz at jsk71@yahoo.com or call 704-321-1488

Thank you for your support of this wonderful program!

	Friday February 1	Monday February 4	Tuesday February 5	Wednesday February 6	Thursday February 7	Friday February 8
AM Shift 8:20-11:20	Shelton Ryan Baker	Smith Sherrill Chapman	Stewart Spratt McMurray	Hurrell Buffkin Mylnarick	McKenzie Hindman Patterson/Adamson	Safran Rogers Rice
PM Shift 11:45-2:45	Shipman Pavelchak Helms	Stockstill Perkins Langeland	Strama Pistorio Weber	B-L Columbus Conroy	Blaszak McDonald Fletcher	McCrocklin O'Connor Grabon

	Friday February 1	Monday February 4	Tuesday February 5	Wednesday February 6	Thursday February 7	Friday February 8
8:30-9:20	Shelton	Smith	Stewart	Hurrell	McKenzie	Safran
9:30-10:20	Ryan	Sherrill	Spratt	Buffkin	Hindman	Rogers
10:30-11:20	Baker	Chapman	McMurray	Mylnarick	Patterson & Adamson	Rice
11:55-12:45	Shipman	Stockstill	Strama	B-L	Blaszak	McCrocklin
12:55-1:45	Pavelchak	Perkins	Pistorio	Columbus	McDonald	O'Connor
1:55-2:45	Helms	Langeland	Weber	Conroy	Fletcher	Grabon

Remember your student's envelope needs to be returned on their specific Jump Day listed above - Thanks!