



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

**Our PSE “Healthy Heart” service project is underway! The Jump Rope for **Heart** envelopes were sent home on January 14<sup>th</sup>. In honor of Jump Rope for Heart’s 35<sup>th</sup> anniversary, our fundraising goal is \$35,000!!! If each student can raise \$40-\$50 we will reach our goal! If your family chooses to participate, please help your child(ren) recruit sponsors (grandparents, neighbors, aunts, uncles, coworkers, etc.) to help support his/her efforts to promote “heart-healthy” lifestyles.**

**\*\*\*DO NOT SEND IN PERMISSION FORMS\*\*\***

**There are two ways to donate: ONLINE, or cash and checks. Registering online is fast, easy, and SAFE! Instructions for raising money online are on the white paper that also went home, or go to [www.heart.org/jump](http://www.heart.org/jump) to begin. If we can get 350 students signed up online and they send out 10 emails each, the P.E. department will get \$200 for new P.E. equipment!!!!**

**\*\*DOUBLE YOUR DONATIONS- Ask your sponsors if they work for a matching gift company, and get their company form filled out to turn in with the Jump Rope for **Heart** envelope! Check out [www.matchinggifts.com/AHA](http://www.matchinggifts.com/AHA) for more information!**

**PLEASE KEEP ALL ENVELOPES AT HOME UNTIL YOUR CHILD’S JUMP DAY (February 7-14)**

***\*\*\*Parents, you can help by volunteering to come during your child’s PE class, and supervise and/or participate at a station. NO SIBLINGS are allowed at this event.***

***The Jump Rope for **Heart** celebration schedule is coming soon! \*\*\****

**If you have any questions, please contact Mrs. Wyatt- PE teacher. [Lindsay.maxson@cms.k12.nc.us](mailto:Lindsay.maxson@cms.k12.nc.us) Thanks for your support!!! 😊**