

---

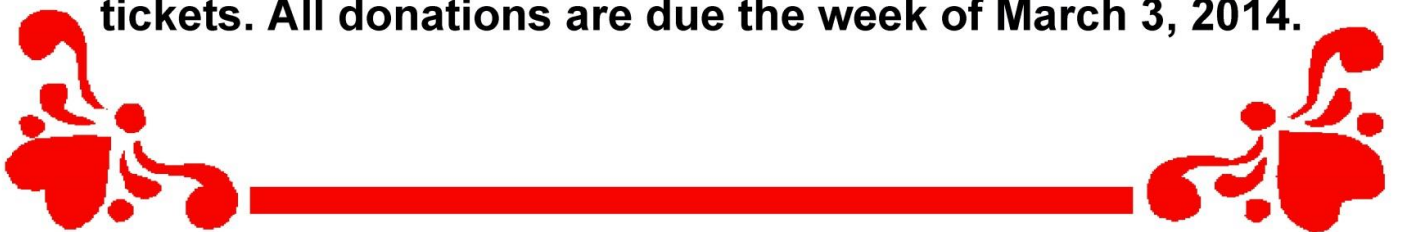
# Jump Rope



©Lakeshore

# For Heart

Jump Rope For Heart comes to Harris and Weston the week of February 10, 2014. The event which is integrated into the physical education curriculum will be held during class. Following is a copy of the parent letter and a page describing how students can win Indiana Ice tickets. All donations are due the week of March 3, 2014.



Dear Parent/Guardian,

We are thrilled to be supporting the American Heart Association to help teach our students and families how to take care of their hearts through the *Jump Rope For Heart* program. What does your child get out of *Jump Rope For Heart*?

1

**YOUR CHILD learns about the importance of the heart— how it works, and how to take care of it:** With the educational programs from the American Heart Association, our students learn how the heart works, how exercise affects their hearts and how to stay **FIT FOR LIFE!** Approximately 80 percent of the funds raised go directly to the mission, funding extensive research efforts, heart education and programs to help us all live healthier lives.

2

**YOUR CHILD reaches out to friends and family:** The safe online tool makes it easy for your child to set up a web page and send emails to support their fundraising efforts and to share life-saving information. The new app for smart phones also makes it easy for your student to text friends and family to join their campaign to be a heart hero! When your kids talk about their reasons for participating (such as a lost loved one or a family history of heart disease), it helps them connect the dots to a healthier life (and might even inspire a few other family members!).

3

**YOUR CHILD feels good for making a difference in people's lives!** Funds raised support the heart association's research and education initiatives that **save lives in our community.** Heart disease is the No. 1 killer of all Americans and more people die of heart disease than all forms of cancer combined. The American Heart Association is second only to the U.S. government in funding research in heart disease and stroke. Additionally, the school earns money for PE equipment so we can keep our kids MOVING!

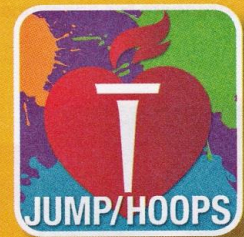
We hope you are as excited as we are to support our students in this important experience! If you have any questions or would like to volunteer, please let me know. Visit [www.heart.org/jump](http://www.heart.org/jump) to get started today!



## Jump on board for the 35<sup>th</sup> Anniversary of Jump Rope For Heart!

### Want to make fundraising easier?

You can send emails, texts and donation requests from your phone. Search "Jump/Hoops" to download the app and save lives while you are away from your computer!



## We Are Getting our DUCKS in a row! Collect all 6!

Your teacher has these 3 ducks now!



**\$5**

With a \$5 donation, students receive Quacky and a lanyard (see envelope for the coupon to tear off and send to school with your child to receive this duck).



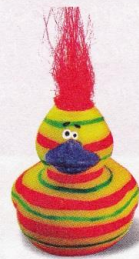
**Online**

With ANY online donation, students get Ninja Duck.



**\$75**

With \$75 in online donations, students get Mr.Cool Duck.



**\$35**

If students raise \$35, they will receive Stripes Duck after the event.



**\$100**

If students raise \$100, they will receive Glow Duck after the event.



**\$200**

If students raise \$200 they will receive Trophy Duck AND a Quacktastic Award after the event.

Get your Ducks today and show your support for the American Heart Association and commitment to living heart healthy!

**REGISTER ONLINE for Jump Rope For Heart today! Here's how...**

**Step 1:** Go to [www.heart.org/jump](http://www.heart.org/jump) and click on **Register Today**.

**Step 2:** Enter your **School Name** and **State** and click **Submit** to find your school's event. When you find your team, click the **Join Team** hyperlink.



**Step 3:** Create your own Username and Password and answer a security question. **Click Continue.** (Be sure your Username and Password are easy to remember).

**Step 4:** Fill out the registration form. Review the **Online Waiver** and click the box to accept it. Once you are done, click the **Continue** button.

**Step 5:** A **Share With Your Friends** screen will pop up. Enter a message that you would like to share via social media and click on the program(s) that you would like to use. Once you are done, click the **Publish** button. You'll see a confirmation screen and a button you can click to enter your HeartQuarters and set up your web page. Or, click the "X" in the upper right hand corner of the pop up box to skip this step.

**Step 6:** Download the mobile app by searching for **Jump/Hoops**.

**Please make checks payable to American Heart Association.**

**For the safety of our children, we ask that your child NOT go door-to-door or ask strangers for donations.**



## HEART HERO

Riley, age 6

*I was born with Transposition of the Great Arteries. I had heart surgery when I was just 7 days old. Eventually I will need to replace one or both of the aortic and pulmonary valves. My family and I are hoping that by then the American Heart Association will have better technology and will come up with a better valve replacement. I plan on living a long and healthy life with the help of friends, family and the American Heart Association.*



# Win FREE Indiana Ice tickets!

Winner of "Most Emails Sent" and "Highest Amount of Online Dollars" will receive complimentary tickets to one of the following games of your choice:



Friday, February 28<sup>th</sup>, 2014 @ 7:05pm (Bankers Life Fieldhouse)

Saturday, March 1<sup>st</sup>, 2014 @ 7:05pm (Bankers Life Fieldhouse)

Sunday, March 23<sup>rd</sup>, 2014 @ 3:05pm (Bankers Life Fieldhouse)

Friday, April 4<sup>th</sup>, 2014 @ 7:05pm (Bankers Life Fieldhouse)

- One student at each participating school will receive a free ticket for **MOST EMAILS SENT**
- One student at each participating school will receive a free ticket for **HIGHEST ON-LINE DOLLARS DONATED**
- Additional tickets are available at the Bankers Life Fieldhouse Box Office for student, family, and friends for \$15 or \$11 each (price depends on seating location)



For more information contact:

Ivy Toone at 317-925-4423 x 229

Indiana Ice

or

Becky Young at [becky.young@heart.org](mailto:becky.young@heart.org)

American Heart Association