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. The Baynton West Ripper Skippers will be conducting skipping clinics every Wednesday for Year 1-6 students at lunchtime if students wish to join in.

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.

**Sponsorship is easy – simply go directly to your schools fundraising page to register**

http://jumprope.everydayhero.do/jumprope2016/?group=Baynton-West-Primary-School-Karratha-WA-116746?utm_medium=Email&utm_source=ExactTarget&utm_campaign=# or collect a hard copy sponsorship form from the front office.

*See page two for a step by step guide*

- 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.

Jump Rope for Heart will **start on the 25 July** and end on the **19 August**. At the end of the program we will be holding a Jump Off, an event to celebrate and culminate the Heart Foundation Jump Rope for Heart program. This will be held on Friday 19 August at lunchtime and is optional for students to participate.

Let your teacher know when your child(ren) has finished fundraising online. You may like to print out a copy of the donations received online.

Thank you for joining us in the fight against heart disease.

Yours sincerely,

Kayla Cross and Kelly Langlands

Jump Rope for Heart School Coordinator

20 July 2016
Steps to setup your online fundraising page:


2. Click on the Kids tab

3. Find your school in the search box and click

4. You will then be taken to your schools Everyday Hero fundraising page.

5. Click on register and follow the prompts