

Heart Foundation

Jump Rope for Heart



Dear Parents/Guardians,

This year our school is participating in Jump Rope for Heart – a fantastic physical activity and fundraising program by the Heart Foundation that has been running for 35 years.

Since Jump Rope for Heart started in 1983, schools like yours have raised more than \$75 million for the Heart Foundation's lifesaving work.

Jump Rope for Heart is a great way for your child to keep fit and learn new skills, but it also helps raise funds for vital heart research and education programs.

Over the next few weeks, your child(ren) will be learning a range of fun skipping skills and new tricks. The Baynton West Ripper Skippers will be conducting skipping clinics every Wednesday for Years 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.

It's important you register your child online, so they can receive the full benefits of the program and participate in online fundraising.

Sign your child up for online fundraising by visiting www.jumprope.org.au or collect a hard copy sponsor form from the office.

Jump Rope for Heart will **start on the 28 May** and end on the **29 June**. 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 29 June at lunchtime and is optional for students to participate.

Thank you for supporting the Jump Rope for Heart program!

Yours sincerely,

Kelly Langlands
Health & Physical Education Coordinator

17 May