



## **Our Virtual Jump Rope for Heart is here!**

### Why Jump?

The support of families through school events has made Jump Rope for Heart a school tradition in communities across Canada for nearly 40 years.

Though Jump and school look different this year, we are excited to support teachers and families doing health education in school or from home.

Our work to promote kids' health and movement continues. It's important for all of us to be active and practice other healthy habits to take care of ourselves and each other.

Students can learn fun ways to get active for heart health while raising awareness and support for Heart & Stroke.

### When?

Our Jump date is flexible as things change however we are planning our Virtual Jump for the Week of May 25th. You should be receiving information through your child's teacher regarding the online only fundraising following the virtual kick-off assembly, the week of May 3rd. You may begin fundraising as soon as you receive the information.

Our school goal is \$5000.00.

**Let's go Thunderbirds!**