



14 / 3 / 13

Dear Parents and Care Givers,

It is that time again. We will be participating in the Heart Foundations *Jump Rope for Heart*.

Established in Australia in 1983, Heart Foundation *Jump Rope for Heart* is renowned for being one of Australia's most popular physical activity and fundraising programs in schools. Since the inception of Heart Foundation *Jump Rope for Heart* over 30 years ago, more than 90 per cent of all Australian schools, involving 8 million school children have participated in this fun and active program

Heart Foundation *Jump Rope for Heart* is all about learning how to keep fit and healthy. It improves the kids' strength and confidence in physical activities and builds healthy bones and muscles. Students can have lots of fun with their class mates and play lots of skipping games too. At the same time they will be helping save Australian lives by asking their family and friends to sponsor them for being a part of this fun program. Funds raised go towards research to help the fight against heart disease and stroke.

We will be holding the Jump off in week 10, Wednesday the 3rd of April. The fun will start at 1:50 to 3:10 on the bottom oval, with the children participating in fun physical activities with the emphasis on being active and healthy. In the case of inclement weather the event will be postponed to the following Monday.

The children will be able to wear their sports uniform and joggers and all children MUST wear their broad brimmed hat.

This will give the children ample time to ask friends, family and your work colleges for sponsors. This can be done through completing the sponsorship form attached to this note or by your child registering online and the sponsors donating online. Simply go to www.heartfoundation.org.au/jumpropeforheart and follow the prompts.

If you would like to use this as a time to focus on your families health and fitness why not get yourself a rope and try some new skills with the kids at home.

Have fun

Kind regards

Jodie Ridley

