



We Jump! We Save!

Gateway Elementary School and the American Heart Association are partnering to create Healthy Bodies, Healthy Minds on December 7, 2009!

Did you know?

- For the first time in history, children's life spans are predicted to be less than their parents because of the obesity epidemic
- Studies have shown that increased physical activity is linked to better school performance

How the American Heart Association helps

- Benefits your school by providing heart health resources and educational materials
- Benefits your family by introducing your child to community service at an early age
- Equips your child with knowledge to recognize heart and stroke symptoms which could help save a life
- Provides opportunity for your child to honor a loved one
- Benefits the community by providing vital services and programs through research and other programs

What is Jump Rope for Heart?

- It's a fun activity to celebrate fitness and physical education
- Donations collected will help build healthier lives free of heart disease and stroke, #1 and #3 causes of death
- Provides your school the opportunity to receive gift certificates to purchase much needed Physical Education equipment

How can you help?

1. Use the attached envelope to collect donations from friends, family and local businesses.
2. Register your child at www.americanheart.org/jump. Email friends and family for an easy way to collect donations online. (See back for simple step-by-step instructions.)
3. Every child has the opportunity to help themselves by participating in their Jump Rope for Heart activities.

ROPE FOR HEART PARTICIPANT'S SPONSOR FORM

STUDENT'S FIRST NAME Rivas STUDENT'S LAST NAME _____
 GRADE 2 ROOM # _____ TEACHER'S NAME _____
 NAME OF SCHOOL Blair Taylor Elementary
 EVENT DATE 9th - 13th RETURN THIS ENVELOPE TO TEACHER _____
 I'M JUMPING IN HONOR OF Lloyd G. Buhler Jr
 WANT TO GIVE MORE, SO PLEASE DO NOT SEND GIFTS. PLEASE CONVERT ALL CASH TO A CHECK(S)
 If you have raised \$50 or more, you've earned _____
 Please mark your size: Youth: S M L Adult: S L

| Para | Sponsor's Name | Cash/Check or Money Order Donation |
|------------------------|---------------------------------------|------------------------------------|
| x | Julie Jump Rope | \$25.00 |
| 1. | Enclosed in this envelope | |
| 2. | You will find a money order | |
| 3. | and 4 forms with donations, | |
| 4. | He jumped in honor of his | |
| 5. | grandfather whom had | |
| 6. | triple B-passed & lived the | |
| 7. | day after his birthday, without | |
| 8. | the research you do this | |
| 9. | would not have been | |
| 10. | possible, letting him have | |
| 11. | his grandfather around | |
| 12. | for hopeful a lot more years. | |
| 13. | Thank you & | |
| 14. | here's to help someone else's family. | |
| TOTAL DONATIONS | | |

Just ONE example of how a Jump Rope for Heart Event can make a difference!

Actual Jump Rope for Heart Envelope from 2009 Event

Thank you for your participation in this event. We think this is a valuable cause and community service project and it would not work without your support. Depending on what our school raises, we will receive certificates for PE equipment. We appreciate your support!

Sincerely,
Kim Freis
Physical Education Teacher

Collection Envelopes will go out on November 23rd are due on or before December 8th, thank you!