

# JUMP ROPE FOR HEART 2010

Dear Parent/Guardian:

During the days of **February 22-March 1, 2010** our school is holding a Jump Rope for Heart event to raise funds for the American Heart Association. This event offers many benefits. First, the money our school raises will help fund potentially lifesaving research into heart and blood vessel disease and stroke, our nation's #1 and #3 killers. It will also fund the development of educational materials that teach the importance of heart health and staying fit. Our school also earns gift certificates for physical education equipment.

Jump Rope for Heart will benefit your child, too. Besides being fun, it teaches jump rope skills and the importance of physical activity and community service. Depending on the amount of contributions collected, your child will be eligible for a variety of thank-you gifts. Finally, Jump Rope for Heart builds school spirit and helps connect our school with the community.

**NHS Elementary Rocks! Over the last 11 years, our school has raised an amazing \$369,736.00.** We also hold the distinct honor of being the #1 fundraising elementary school in Pennsylvania, New Jersey, and Delaware and are **currently ranked #6** in the United States for the 2008-2009 school year. Go to [www.americanheart.org](http://www.americanheart.org) and go to fundraising. Click on Jump Rope for Heart/Teachers and scroll down to top 100 schools to check it out for yourself. Way to go!!!

On the flap of the Participant Collection Envelope is a Release and Indemnification Form (permission slip) permitting your child to participate in the event. I hope you will sign this form so your child can take part in Jump Rope for Heart. **Your child must turn in a signed Release and Indemnification Form to participate in the event.**

Family and friends are welcome to support your child's participation by making contributions. However, **we ask that children not go door-to-door or ask strangers for donations. Checks should be made payable to the American Heart Association, not NHS Elementary School.** On event day, please make sure your child wears soft-soled athletic shoes and clothing that will not interfere with the rope. We welcome your attendance at the event. We have many fun activities that can help make for a great event, while showing support for your child and school.

We look forward to your child's participation in this very important program. **If you would like to volunteer at your child's event please see the attached letter for more information.**

Gina Ortiz  
Health/P.E. Teacher-Lower/Upper Elementary School  
[jditulio@nhsd.org](mailto:jditulio@nhsd.org)  
215-297-5438 ext.3112



Dear Parent/Guardian,

If you would like to volunteer at your child's Jump Rope for Heart event, please check the date and time of your child's class. There is a limited amount of **four parents per class** so sign up as soon as possible. You can contact Mrs. Ortiz at [gortiz@nhsd.org](mailto:gortiz@nhsd.org).

**Please include your name, child's name and classroom teacher in your email.**

Updated Jump Rope for Heart Schedule  
Lower Elementary School

12:55-1:40 Monday /Day 2 Rogers-1 3/1/10  
1:40-2:25 Monday /Day 2 Gerenser-K 3/1/10  
2:25-3:10 Monday /Day 2 Gonzalez-2 3/1/10  
12:55-1:40 Tuesday /Day 3 Marrone-1 3/2/10  
1:40-2:25 Tuesday /Day 3 Ferrall-K 3/2/10  
2:25-3:10 Tuesday /Day 3 McGlynn-2 3/2/10  
12:55-1:40 Wednesday /Day 4 Ferrara-1 3/3/10  
1:40-2:25 Wednesday /Day 4 Condello-K 3/3/10