

JUMP ROPE & HOOPS FOR HEART



Dear Parents, March 1, 2016

On Friday, March 18, Crossroads will hold two events: Jump Rope for Heart and Hoops for Heart. Jump Rope for Heart is open to all students Kindergarten through Eighth grade. Fifth grade and Middle School students may choose to participate in either program or both. Now in its sixteenth year for jump rope and our tenth year for hoops, these events have become a tradition at Crossroads. The program helps teach children about the benefits of lifelong exercise and support a great cause at the same time. These events will take place 12:30-3:00 pm (an early release day). Students wanting to participate in the jump rope event (K-8) will jump from 12:30-1:45 pm; if they only wish to participate in hoops there will be a supervised study hall from 12:30-1:50 pm, followed by the Hoops event from 1:50-2:55 pm (5-8 only). If your child would like to participate in either event or both events, fill out the form to register and return to Darlene Gautreau in the main office. If any parents are available to help, it would be greatly appreciated.

This event offers many benefits. First, the money our school raises will help fund potentially lifesaving research on heart disease and stroke, our nation's top killers. It will also fund materials that teach the importance of a healthy heart and staying fit. In addition, our school earns gift certificates for physical education equipment.

Jump and Hoops for Heart will benefit your child, too. In addition to being fun, they reinforce jump roping and basketball skills, the importance of physical activity, and the joy of community service. Depending on the amount of contributions collected, your children may choose to receive thank-you gifts for their efforts. Finally, Jump Rope and Hoops for Heart builds school spirit and helps connect our school with the bigger community around us.

If you have any questions about our Jump Rope and Hoops for Heart, please contact me at school at (603) 795-3111 ext.122 or by e-mail at rose.grenier@crossroadsacademy.org.

Healthfully yours,

Rose Grenier
Physical Education Teacher
Jump Rope & Hoops for Heart Coordinator
NH State Hoops for Heart Representative

Here is the game plan for Jump Rope & Hoops for Heart participants: (*please save)*

* Return permission slip to Mrs. Gautreau (Main Office) by Friday, ***March 11***. (*See attachment)*

* Receive sponsor envelope from Mrs. Grenier. Contact family, friends, relatives, and neighbors to sponsor you. Encourage sponsors to write checks payable to the American Heart Association. The check serves as the receipt for tax purposes. We ask that each child who participates in the event get a minimum donation of ten dollars. If students and parents would like friends and family to be able to make online donations, visit www.heart.org/jump or www.heart.org/hoops and set up your personal Web page.

*When you **raise your first $5,** return the coupon on sponsor form to receive **"Super Pup" and lanyard.**

**** Two days before the event on Wednesday, March 16, please return the collection envelope with American Heart Association release/permission slip and all donations.*** Your name will be entered into a prize raffle.

* On **March 18**, participants should wear sneakers and clothing that will not interfere with their movement and bring a water bottle.

12:30-12:45-Registration
12:45-1:45-Kindergarten through 8th grade Jump Rope participation
6th-8th grade study hall, if not participating in Jump Rope for Heart
1:45 -Award ceremony and pictures for Jumpers, pick-up Jumpers
1:50-5th-8th grade Hoops for Heart
2:50-Award ceremony and pictures for Hoops participants
3:00-Pick up Hoops participants

* Prizes should arrive four to six weeks after the event, if all the collection envelopes are turned in on time. The thank-you gifts prize structure is as follows:

Level	Money Raised	Thank-you Gift for JUMP	Thank-you Gift for HOOPS
1	$5-14.99	Super Pup and Lanyard	Super Pup and Lanyard
2	$15-49.99	Jump Rope	Cyclone Flyer
Bonus	$20	Capt'n Bark	Capt'n Bark
Bonus	$35	Dr. Bow Wow	Dr. Bow Wow
3	$50-74.99	Jump T-Shirt	Hoops T-Shirt
4	$75-149.99	Soccer Ball	Basketball
Bonus	$100	Soccer Pup	Soccer Pup
5	$150-249.99	Milo Mission Dog	Milo Mission Dog
6	$250-499.99	Headphones	Headphones
7	$500-999.99	Air Pogo Jumper	Air Pogo Jumper
8	$1,000 and up	Android Tablet	Android Tablet
Bonus	First Online Donation	Ninja Star	Ninja Star
Bonus	$85 Online Donations	Martina N. Mutley	Martina N. Mutley

Jump Rope/ Hoops for Heart Permission Slip - 2016

Yes, I give my son/daughter _____ in grade _____ permission to participate in:

____ Jump Rope for Heart (K-8th, 12:30-1:45 pm)

____ Hoops for Heart (5th-8th only, 12:30-2:55 pm)

on Friday, March 18, 2016 at Crossroads Academy gymnasium. I realize I am responsible for my child's transportation home after this event. I will promptly pick him/her up at 1:50 pm (K-8, only Jump) or 3:00 pm (5th/Middle School, Hoops). If your child is not picked up at their scheduled time they will be asked join the afterschool program.

_____ _____

Parent/Guardian Signature Phone #

I am available to help with this event: Yes No (please circle one)
I would be interested in helping with:

____ Any place help is needed
____ Registration (12:30-12:45 pm)
____ Supervising Homework time (12:40-1:50 pm)
____ Supervising Jump participants (12:45-1:50 pm)
____ Supervising Hoops participants (1:50-2:55)

Parent name: _____

E-mail address: _____

