



We are excited to kick off Jump Rope/Hoops for Heart event on Wednesday, January 13th. Over the course of the next four weeks, your student(s) will be learning about heart health, importance of healthy eating and exercise to support heart health as well as learning and practicing either jumping rope skills OR basketball shooting skills during their weekly P.E. (Physical Education) class. At the conclusion of the four weeks, your student will participate in the official Jump Rope/Hoops for Heart event where they can "show off" their new or improved jump rope OR basketball skills on Wednesday, February 10th, during their weekly P.E. class. Your student will have the choice to participate in either Hoops for Heart (basketball shooting) OR Jump Rope for Heart (jumping rope) in an effort to learn new skills as well as learn the importance of heart health and what we can each do to help. Your student is becoming a Heart Hero by taking care of his or her own heart, spreading the message of the American Heart Association, and raising funds for lifesaving research. If your student is ready to get started early, please have your student jump online at heart.org/jump or heart.org/hoops to send emails and ask for online donations. Important note: In order to avoid children carrying cash or checks to school, we will only be able to accept online donations. Additionally, any student who goes online and gets a donation will be recognized and receive the "Super Pup" and "Ninja Star Pup."

Thank you for supporting the American Heart Association!

Please do not hesitate to contact me if you have any questions by email or phone ([713-304-8447](tel:713-304-8447)).

Sincerely,

Coach Sophia Cole

Lower School Physical Education