



NEWS RELEASE

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Hidden Springs Elementary Physical Educator Nationally Honored for Educating Students on Cardiovascular Disease *Paul Perotto to Hold Local JRFH/HFH Events April 14-15*

RESTON, VA, Feb 18, 2015 – Paul Perotto is the physical education teacher behind Hidden Springs Elementary School's title as the top ranked school for raising funds for cardiovascular disease research through the national Jump Rope For Heart (JRFH) program. [SHAPE America – Society of Health and Physical Educators](#), will recognize Perotto with the 2015 SHAPE America National Jump Rope for Heart Recognition Award during its National Convention & Expo, March 17-21 in Seattle, WA. Perotto will hold his annual JRFH and Hoops For Heart (HFH) school-wide event April 14 and 15.

The national award is given to a SHAPE America member who is a JRFH coordinator and demonstrates commitment, leadership, and creative involvement to the program and to the national nonprofit membership association. Sponsored by SHAPE America and the American Heart Association, JRFH/HFH promotes physical education and provides children with knowledge of heart disease and stroke. The funds raised go towards cardiovascular disease and stroke research and health education.

Perotto has been holding JRFH/HFH school events for the past 11 years, raising more than \$100,000 in total and more than \$20,000 in the 2014 school year.

"When I started this program 11 years ago, our school had no gymnasium. We had 32 kids participating; jumping rope, running trails, we truly were heart heroes!" says Perotto. Since then, he has seen his program grown considerably, in both fundraising and participation. Perotto has raised more than \$100,000 and has had more than 800 kids participate, becoming the standard for fundraising in Idaho.

The award-winning educator attributes much of his success to his community's involvement. Fitness professionals have come to run stations, area doctors have attended to talk to students about heart health, even bringing in a real heart to bring the message home. He

also makes it a point to include a survivor from the school at the culminating event to help students understand the impact they are making.

Paul's belief and excitement in the cause is contagious and is evident through his efforts to successfully recruit schools to hold their own fundraising event," says Cindy Schaffeld, elementary PE specialist at neighboring Marley Nelson Elementary School.

Marley Nelson Principal Brett Forrey adds, "In my 20 years as a school administrator, I've never observed such an amazing commitment to a program. Aside from the fundraising component, Paul also makes sure to bring in the fitness part of the program, educating students on the importance of making healthy choices."

A member of SHAPE America's state affiliate, the Idaho Association for Health, Physical Education, Recreation and Dance (Idaho AHPERD), the JRFH coordinator holds a Bachelor of Science in Education with an emphasis in physical education from Boise State University. He also earned a master's in technology in education from Leslie University and is working towards his Google Apps for Education license.

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About SHAPE America

SHAPE America – Society of Health and Physical Educators is committed to ensuring all children have the opportunity to lead healthy, physically active lives. As the nation's largest membership organization of health and physical education professionals, SHAPE America works with its 50 state affiliates and national partners to support the Presidential Youth Fitness Program, *Let's Move!* Active Schools and the Jump Rope For Heart/Hoops For Heart programs. Since its founding in 1885, the organization has defined excellence in physical education, and our resources provide the leadership, professional development and advocacy that support health and physical educators at every level — from pre-school to university graduate programs. For more information, visit www.shapeamerica.org

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