



Dear Parent/Guardian,

It's time to jump for joy — and help kids across Canada! Supporting kids' health for nearly 40 years, Jump encourages kids to be active. It builds healthy habits, boosts school spirit, and teaches social responsibility as kids fundraise for life-saving heart and stroke research.

Please help us reach our school goal by fundraising online or participating at jumpropeforheart.ca.

School goal: _____

Event date: _____

Type of event (check one):

Virtual **In-person**

The funds we raise will support research, education and other Heart & Stroke initiatives that empower kids and families across Canada to protect their heart and brain health.

Jump gives back to schools!

As our thank you for putting kids' heart and brain health first, schools can:

- Get 10% of net fundraising dollars back, or
- Earn points redeemable for sports equipment, learning materials like robotics kits, and more!

Here's how to participate:

1. Go to jumpropeforheart.ca
2. Join your school
3. Set-up your child's fundraising page
4. Share the page by email or on social media with people you know



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Jump Rope for Heart is almost here — don't skip it!