April 13, 2017

Dear Parent or Guardian,

**Our school is once again taking part in the Heart & Stroke’s Jump Rope for Heart event this year.** Jump Rope for Heart is a unique and fun event from the Heart and Stroke Foundation that gets our kids physically active and raises vital funds to reduce the devastating effects of heart disease and stroke.

**Why participate in Jump Rope for Heart?**

* It **gets your kids physically active**, plus they learn important heart healthy tips and the value of goal setting
* **Our school can earn valuable resources**, such as sports equipment and electronics.
* Your support will **help us invest in the future health of Canadian children.**

In Heart & Stroke Jump Rope for Heart, students participate in fun skipping and jumping challenges. Leading up to event day, kids are encouraged to raise funds (pledges) and in return earn thank you prizes for their individual fundraising efforts. Each student is given a collection envelope they can use to raise pledges from family, friends, and neighbours. **For safety reasons, we suggest students do NOT go door-to-door.**

**Now Students can fundraise online at JumpRopeForHeart.ca!** Sponsors donating online will receive an automatic tax receipt. This is a great way to receive pledges…and it is very easy to register. Just look on the bottom of the Pledge Envelope (on the page with the pictures of prizes) and it explains the process.

**Collection envelopes and all pledges must be returned to the school the day of the Jump Rope for Heart event. Please return the collection envelope even if no pledges are received.** Cheques should be made out to the Heart and Stroke Foundation. Once the pledges are received from all students, we will place the order for your prizes. From the date the order is placed, it takes approximately 6-8 weeks to receive the prizes.

For more information on Heart & Stroke’s Jump Rope for Heart, please visit **JumpRopeForHeart.ca**.

**Our Heart & Stroke Jump Rope for Heart Event Day is on Monday April 24, 2017.**

**Over the past few years, Isabella Dicken Elementary School has raised almost $80 000.00 for the Heart and Stroke Foundation**. We are extremely grateful for the generosity displayed by the IDES family, and hope to have another great year. Following the Jump Rope for Heart event, IDES receives 10% of the money raised back to the school, which is used for student-based activities.

**Again, thank you so much for your support!** Jump Rope for Heart benefits us all – your child gets active and learns to be heart healthy, our school can earn valuable resources, and we all help to support vital heart disease and stroke research and health education – for the future of our children! If you have any comments or questions, please call the school for more information or visit [www.jumpropeforheart.ca](http://www.jumpropeforheart.ca)

Thank you from your Jump Rope for Heart Coordinators,

Dawn Voysey Jill Jackson

Principal Teacher