

Dear Parents/Guardians,

Our school is participating in the Heart Foundation Jump Rope for Heart program and we would love your support!

Heart Foundation Jump Rope for Heart is an exciting and non-competitive program which encourages children to become more active through skipping, learning new skills and raising vital funds for heart research and community health programs.

Skipping is an excellent way for children to keep fit and healthy. Over the next few weeks, your child(ren) will be learning a range of fun skipping skills and new tricks. We will emphasise the importance of regular physical activity and the importance of healthy eating for a healthy lifestyle.

On the last week of Term 3 we will be holding a Jump Off. This is an event to celebrate the conclusion of the Jump Rope program. For the students in Year 3 and 4, the Jump Off will be held on the 20<sup>th</sup> of September and on the 21<sup>st</sup> for the Year 1 and 2 students. We ask students to bring a gold coin donation on the day of their Jump Off to raise money for the Heart Foundation.

### School Fundraising Page

[https://jumprope.everydayhero.do/jumprope2017/Essex\\_Heights\\_Primary\\_School\\_MOUNT\\_WAVERLEY\\_VIC\\_125465](https://jumprope.everydayhero.do/jumprope2017/Essex_Heights_Primary_School_MOUNT_WAVERLEY_VIC_125465)

**The above link will direct you to our schools fundraising page. You can register your child to further raise money for the Heart Foundation. Please note that this is optional.**

Thank you for joining us in the fight against heart disease and we look forward to getting the school jumping!

Yours sincerely,

*Kirsten Lightfoot, Con Papanicolaou and Jean Elliott  
Essex Heights Primary School*

Heart Foundation  
**Jump Rope for Heart**