



Sayreville Middle School get ready for Kids Heart Challenge!

Dear Parent or Guardian,

Our school is proud to partner with the American Heart Association again this year! Last year, we participated in Jump Rope For Heart/Hoops For Heart and this year we're kicking off Kids Heart Challenge! We're excited to continue jumping rope, playing basketball, and remaining active to help those with special hearts!

Did you know that heart disease is the No. 1 killer of all Americans, 80% of it may be preventable through lifestyle changes? For 40 years we have been teaching children the importance of heart-healthy habits – a foundation for the rest of his/her life. This service-learning program will also share with your child the inspirational stories of children who have been touched by this disease while they raise funds to help kids like them and save and improve all lives.

Here's how it works:

- Your child has received his/her fundraising envelope. Start by setting up a personal fundraising page—**check out the envelope for easy instructions.** Log onto heart.org/kidsheartchallenge or download our app from your mobile device "Kids Heart Challenge" and get started today!
- Ask family and friends if they'd like to donate. Not sure what to say? Your child can use the simple script on the collection envelope.
- Encourage your child to get ready to shoot some hoops and have some fun during their physical education class!

As part of Kids Heart Challenge, your child will choose a heart-healthy message and share lifesaving tips.

There is even a parent corner with tips on keeping your children healthy at home! Your school can earn money for PE equipment and your child earns fun prizes that encourage him/her to keep up the good work for heart health. That's something to jump up and down about!

EVENT DATE: March 14-15th

ENVELOPE DUE DATE: March 29th

