



# BURWOOD HEIGHTS PRIMARY SCHOOL

## Heart Foundation Jump Rope for Heart



25<sup>th</sup> May, 2018

Dear Parents/Guardians,

This year our school is participating in Jump Rope for Heart – a fantastic physical activity and fundraising program by the Heart Foundation that has been running for 35 years.

Since Jump Rope for Heart started in 1983, schools like ours have raised more than \$75 million for the Heart Foundation's lifesaving work.

Jump Rope for Heart is a great way for your child to keep fit and learn new skills, but it also helps raise funds for vital heart research and education programs.

Over the next two weeks the students will be challenging themselves to learn new skipping skills and creating skipping routines. We will finish with a Jump Off day Celebration on Friday 8<sup>th</sup> June, 2018 where students can wear **red** and join in the skipping activities held at Recess and Lunch.

There are two ways you can choose to support this program:

1. Register your child online, so they can receive the full benefits of the program and participate in online fundraising.  
Sign your child up for online fundraising by visiting [www.jumprope.org.au](http://www.jumprope.org.au)

**OR**

2. Bring a gold coin donation on the Jump Off Day Friday 8<sup>th</sup> June, 2018

Thank you for supporting the Jump Rope for Heart program!

Yours sincerely,

**Lee-Anne Mason**  
**Physical Education Teacher**