



Dear Parent/Guardian:

Our Lady of Peace is kicking off our annual American Heart Association **Jump Rope/Hoops For Heart** program! The event will be held during physical education classes the week of Valentines Day.

- With the educational programs from the American Heart Association, our students learn how the heart works, how exercise affects their hearts and how to stay **FIT FOR LIFE!** Approximately 80 percent of the funds raised go directly to the mission, funding extensive research efforts, heart education and programs to help us all live healthier lives.
- Funds raised support the AHA's research and education initiatives that save lives in our community. Heart disease & stroke are the No. 1 & No. 4 killers of all Americans and more people die of heart disease than all other forms of cancer combined. The American Heart Association is second to only the U.S. government in funding research in heart disease and stroke.

DEADLINE: Donations are due back in your child's envelope on **their event day-** Please make checks payable to *American Heart Association*. Please convert cash to checks. You can even check with your place of employment to see if they offer a matching gift.

AHA Lifesaver Ducks! Your child has the opportunity to earn seven of our exclusive American Heart Association Ducks!



See the inside of your child's Jump Rope for Heart envelope for the first **LifeSaver Duck coupon** – *this coupon can be returned to school once your child raises \$5 to instantly receive the first exclusive splatter duck and lanyard!* Please do not send in the money with the coupon. All donations to be returned in envelope on date listed above.



Once your child receives their **first online donation** of ANY amount, print their donation report and send it to school for them to instantly receive their 2nd Lifesaver Duck! (The Scribbles Ninja Duck) – Online instructions on back of letter.

Once your child receives **\$75 in online donations**, print their donation report and send it to school for them to instantly receive their 3rd Lifesaver Duck! (Ms. Cool, our PE Duck)



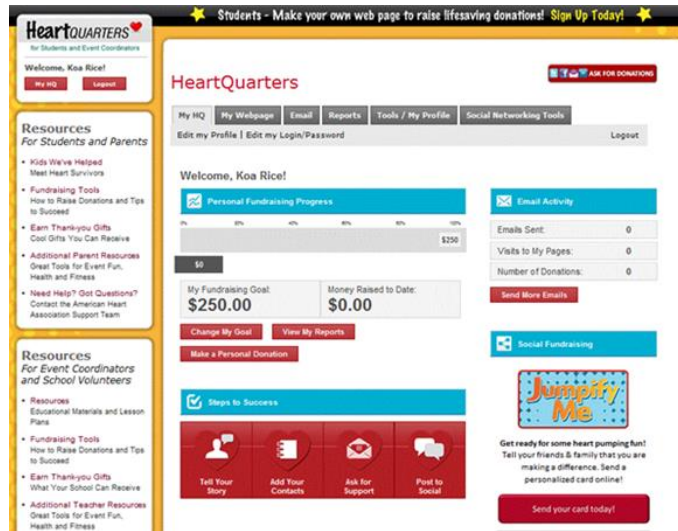
All other ducks earned will come with the rest of the prizes after the event! **See back of this letter for online fundraising instructions – it's fun, safe, easy, and a great way to raise lifesaving researching dollars!**

Sincerely,

Ms. Marla Turley

Register Online. Create Your Own Webpage & Send Emails!

- Go to www.heart.org/jump
 - Click on the words Register Today or the "Jump Rope for Heart" logo
 - Under Search For a Team – type in your school name and City and State – click submit. When the list comes up, if there are several schools, pick the one with your teacher’s name. If it does not come up try typing in just part of the school name and pick a state – not city. Then click Join Team.
 - Fill out the form. Pick a username & password **SAVE THESE BELOW FOR LOGGING BACK IN LATER**
 USERNAME _____ PASSWORD _____
 - Personal information – Fill out * items – although it is not required it is helpful if you type in your homeroom teacher name and choose a t-shirt size
 - Personalize Web Page Link – add an ending like your name – this is helpful if you want to email the link to take people directly to your web page
 - Donation – in school you can skip this; at home your parents can donate now
 - Online Waiver – you must check I Accept to continue – be sure you have parent’s consent – click Continue
 - Click YES on security pop-up – then click x on Share with your friends – do this later when sending emails
 - Confirmation comes up and you can now click to enter your Heartquarters
- *** IN YOUR HEARTQUARTERS – follow the Steps to Success to personalize your webpage & send emails***



Send Emails to receive online donations: Click ASK FOR SUPPORT on the right – type a greeting – Dear Grandma – under Recipient Email type the email address – if you want to send more than 5 use the Total Recipients drop down box to change the number up to 100 – edit the wording or use what is given – then click Send Email

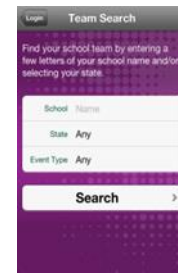
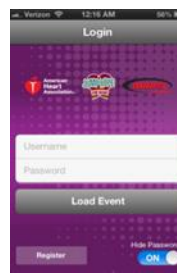
OR

JUMPIFY ME E-CARD – You can also send emails by clicking on Jumpify Me on the Heartquarters page – follow the 4 steps to send an e-card to friends and family

TELL YOUR STORY by editing your webpage: You can change the message, font, color and even add your own photo or video to your webpage. Hit "SUBMIT" after you make changes. Then click Preview to see what it looks like to others. X out of preview to get back to the edit page if you want to make more changes.

Online fundraising is highly encouraged and door to door fundraising is strongly discouraged.

Need help? Call the American Heart
 Customer Service 1-800-309-3466
 Don't have a computer?
 No big deal! Download our FREE
 Jump/Hoops Mobile app and register
 your child today on your mobile device!



Association

It's safe, easy, & convenient! For apple
& android users – search for
“jump/hoops” under app store.