



Jump Rope for Heart



We are planning a fit and fun day for our Crusaders! On **Friday, March 3rd** we will be jumping, laughing, learning, and raising money for the American Heart Association. Jump Rope for Heart is a great way for our students to contribute to their community, learn the importance of living a heart-healthy lifestyle, and understand the importance of staying physically active.

The Jump Rope for Heart envelope has information about the program. Students have been asked to get donations from family members, close friends, and neighbors so they can help the AHA in their fight against heart disease and strokes. Please ask for donations to be in the form of cash or a check made out to AHA or to raise money online scan the QR Code at the bottom of the page.

Students will be participating in our Jump Rope for Heart event on **Friday, March 3rd** during their P.E. time. Please see the schedule below for grade level times. Parents are welcome to join us for this event, but **NO** siblings allowed to attend.

Things to remember:

- **Return the envelope with all donations by this Friday, March 3rd.**
- **Include a driver's license number on all checks to American Heart Association.**
- **Important Dates:**
 - **January 23rd – Jump Rope for Heart Kick Off**
 - **February 3rd – Dodge Heart Disease**
 - **March 3rd – Jump Rope for Heart Event**

Crockett Goal Incentives

Raise \$2,000 ~ Silly Sock Day
Raise \$4,000 ~ Extra Fun Day for Crockett
Raise \$6,000 ~ Silly String the P.E. Coaches
Raise \$8,000 ~ Slime Principal Oniwon, Coach Adams, or Coach Lopez

Crockett QR Code



Jump Rope for Heart PE Schedule

1st Grade: 8:10 – 8:55 a.m.
2nd Grade: 9:00 – 9:45 a.m.
5th Grade: 12:10 – 12:55 a.m.
Kinder: 1:05 – 1:50 p.m.
3rd Grade: 1:55 – 2:40 p.m.
4th Grade: 2:45 – 3:30 p.m.