

Get Ready To .....JUMP!!!

# Jump Rope For Heart



## PARENTS:

On January 28<sup>th</sup> and 29<sup>th</sup> Bay Harbor is holding our annual **Jump Rope for Heart** event. While encouraging community service, it is also an educational program that makes being healthy FUN!

The dollars raised are critical to the development of lifesaving research.

Unfortunately, heart disease and stroke are the #1 and #4 killers in America today. You can help us save lives!

Family & friends are welcome to support your child's volunteering efforts by making contributions.

*We accept donations of any amount AND our school can earn PE Equipment for participating!*

**QUESTIONS: Contact Mr. V.**

[chadvand@hssd.k12.wi.us](mailto:chadvand@hssd.k12.wi.us)

**662-8855**

## ONLINE DONATIONS:

### Step 1:

Go to [heart.org/jump](http://heart.org/jump)

### Step 2:

Select your state and find your school

### Step 3:

Join your school's team and

**Set up your own Web Page!!!**

**Make CHECKS payable to: American Heart Association.**

As a 501C status non-profit, all donations are tax deductible.

## Meet our new Lifesaver Ducks

Students can earn these cool Ducks by helping the American Heart Association!



**QUACKY**  
\$5



**NINJA**  
Online donation



**SPY**  
\$35



**SOCKS**  
\$100



**HOOT**  
\$50



**MS. COOL**  
\$75 Online



**SKI DUDE**  
\$200



**Super Duck TROPHY**  
\$200