

March 3, 2015

Dear Parents and Guardians,

Our Grades 1- 4 students will be participating in the **Heart & Stroke Jump Rope for Heart Day** on **Friday, March 20** in the large gym. Jump Rope for Heart is a unique and fun event from the Heart & Stroke Foundation that gets children physically active and raises funds to reduce the devastating effects of heart disease and stroke.

Students are welcome to fundraise for this event but it is not mandatory. Students will be given a collection envelope to raise pledges from family, friends and neighbours. Online donations are also accepted at [jumpropeforheart.ca](http://jumpropeforheart.ca). In return, students earn a prize for their individual fundraising efforts and our school earns valuable resources through the **HeartSmart™ Points Program**. Please note the changes this year to the prizes as listed on the collection envelope.

Please return collection envelopes and complete online pledges by **Friday, March 20**. **Please do not send cash to school**. Cheques should be made out to the **Heart & Stroke Foundation**.

For more information on Heart & Stroke Jump Rope for Heart, please visit [www.JumpRopeForHeart.ca](http://www.JumpRopeForHeart.ca).

Actively Yours,

Gail Sirant  
Physical Education  
Early Years  
Linden Christian School