

JUMP ROPE FOR HEART 2012

MESA ELEMENTARY ALL-SCHOOL EVENT

EVENT DATES: February 6, 7, 8, 9, & 10

**DATE FOR DONATIONS TO BE RETURNED TO MESA:
ON OR BEFORE February 17. PLEASE RETURN
ENVELOPES TO YOUR CHILD'S CLASSROOM TEACHER.**

Dear Mesa Parents,

Welcome to February (soon) - National Heart Month! The students of Mesa Elementary are jumping at the chance to help fight heart disease and stroke, our nation's No. 1 and No. 3 killers. Our JUMP ROPE FOR HEART Event will be held for all grades during physical education class times the week before February 14. Students will jump rope to raise funds for the American Heart Association's cardiovascular research and educational programs. JUMP ROPE FOR HEART is co-sponsored by the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance. If you are looking for a cause to give your heart to, please consider these works because, quite plainly, heart disease is the biggest medical risk factor facing your family. It is acknowledged that hardly any family has remained untouched by some form of heart disease, heart attack, or stroke.

JUMP ROPE FOR HEART teaches participants about the importance of a healthy active lifestyle. The event empowers children as they provide vital community service and discover that they can make a difference. At the same time, children enjoy being part of a team while jumping into the spirit of this fun-filled event.

Please help our children help others. Here is how you and your child can "take your turn." Children are encouraged to get people to sponsor them in their JUMP by pledging a donation as support. WE DO NOT encourage door-to-door solicitation, but rather your child getting support from family, friends, neighbors, and/or co-workers. We can also raise money ON-LINE!!! It is SIMPLE... there will be just 3 simple steps to set up your own Web Page at home and then e-mail family and friends. There is a \$5 minimum donation on-line so if a lesser donation is offered, the person can send a check to the child made out to the American Heart

Association. This year you DO NOT need to sign the permission slip. Every child will receive a jump rope for his/her participation!

All Mesa Students, Kindergarten through Fifth Grade will be jumping rope with their teams on either February 6th, 7th, 8th, 9th, or 10th. Single rope skills will be featured. There will also be jumping stations implemented for the primary grades. Some of our local merchants have generously donated small incentives to use as prizes in contests where our jumpers demonstrate outstanding skills.

We encourage your support, donations, and invite you to attend your child's JUMP. We feel the American Heart Association and our own local merchants support this worthwhile fundraiser and hope your family can do the same.

Sincerely,

Jacy Bruno
Physical Education Specialist

"HAPPY VALENTINE'S DAY!"
February JUMP ROPE FOR HEART Schedule 2012

Monday, February 6

9:45 - 10:25 Kindergarten
1:15 - 2:45 Second Grade

Tuesday, February 7

1:15 - 2:45 Fourth Grade

Wednesday, February 8

No JRFH Events

Thursday, February 9

9:00 - 10:30 Fifth Grade
12:15 - 12:55 Kindergarten

Friday, February 10

9:30 - 11:00 Third Grade
12:15 - 1:30 First Grade