



Presenting Partner



Dear parents/guardians,

Our school is participating in Jump Rope for Heart – an event that will encourage our students to get active, build healthy habits and give back to our community.

Here are the top reasons why we're participating in Jump Rope for Heart:

1. Money raised by our school helps drive important heart and brain health research that will save lives, prevent heart disease and stroke, and support families living with these conditions.
2. Jump is an inclusive event that ensures all students can move in their own way by jumping, dancing, wheeling and even hula hooping – encouraging students to discover new and exciting ways to get active.
3. Students learn the EASY Healthy Habits that they can use to keep their hearts and brains healthy and help reduce their risk of developing heart disease and stroke later in life
4. Jump gives back to schools and students! If our school fundraises more than \$1,000, we will receive 5% of our fundraising dollars back to put towards what we need most – or we can donate it back to Heart & Stroke. Students also can earn Thank You gift cards from *Indigo*, *Amazon* or *Walmart* based on their fundraising levels as a heartfelt thank you for their hard work.

Join our school's team to help Heart & Stroke save lives Register online by clicking on the school page link below or by visiting jumpropeforheart.ca/registration and searching for our school.

To access the EASY Online Challenge, fundraising tips, emails and social templates, visit jumpropeforheart.ca.

Our Jump Event Day is on:

Thursday, February 13th

School Page Link:

[Langdon School - Langdon](#)



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