



Carney, age 10
Pacifica, CA

"My heart used to skip a few beats some of the time and it made me feel dizzy. It happened for a long time and then I had surgery to put in something called a Pacemaker to make my heart beat just right. I was a little scared for surgery, but I was happy when I was at the hospital and was able to eat anything I wanted!! I ate popsicles for breakfast, lunch and dinner! Now I can run and play without worry and don't even have to take any medicine. I've done Jump Rope For Heart at my school since I was in kindergarten. It raises money to study why kids like me are born with special hearts. When I get big, I want to be a cardiologist to help people have healthy hearts."

Because of you, Carney is a **survivor**. Thank you for supporting Jump Rope and Hoops for Heart.



**IT TAKES HEART
TO BE A HERO!**

Special Notes:

- *Please make checks payable to American Heart Association.*
- *For the safety of our children, we ask that your child not go door-to-door or ask strangers for donations.*
- *Our school also has the opportunity to earn free physical education equipment.*

Help Your Child Save Lives and be a Heart Hero!

Dear Parent/Guardian,

During the month of February (kick off day will Feb. 6th), our school will participate in supporting the American Heart Association's Jump Rope For Heart program! When your child participates in Jump Rope For Heart in Physical Education class he/she:

- **Learns about the importance of the heart – how it works, and how to take care of it:** Through classroom exercises and educational information provided by the American Heart Association.
- **Helps kids with special hearts:** our safe online tools makes it **easy** for your child to set-up a web page and send emails to invite friends and family to support their fundraising efforts and to share life-saving information.
- **Feels good for making a difference in people's lives!** Funds raised support American Heart Association research and education initiatives that *save lives in our community*. Congenital heart defects are the most common cause of infant death from birth defects. Many children are alive today because of treatments not available even 10 years ago. *Funded research and advancements have changed and saved their lives!*

We hope you are as excited as we are to support our students in this important experience! If you have any questions or would like to

Visit www.heart.org/jump to get more information or to begin raising funds today! You may help set up a web page for your child with the safe and easy online program!

Packets/money will be due at the end of the month-the last day of the month that your child comes to PE. Students will be reminded in PE class, and information will be up on my teacher page as well as the event approaches.

Last year Chaparral did an outstanding job raising money with a total of \$7,700!! We hope to exceed that goal this year to \$8,500 with your help! If you are interested in helping once the funds are in, or would like to help when the prizes come in for all of the classes please feel free to email me!

Cathy.strickland@husd.org

I would like to thank you in advance for your help and support in this worthwhile event!

Cathy Underwood (Strickland)

K-8th grade Physical Education