

♡ KIDS HEART CHALLENGE ♡

JES Dragons are jumping into the fight against heart disease and stroke by participating in the American Heart Association's new program, Kids Heart Challenge! This updated program educates students about living a heart-healthy lifestyle just as in the past, but now students will be able to also take part in basketball, dancing, and obstacle courses, in addition to jump-roping. Students will get the opportunity to raise money for research and education for some of the leading causes of death, heart disease and stroke! Our Dragons will raise money and awareness for Heart Health, while also having the opportunity to earn special prizes and Heart Hero gifts.

How to be a Heart Hero:

1. Learn how to take care of your own heart. In P.E. and Health class, we will be learning the right steps to form heart-healthy habits by focusing on the American Heart Association's HEART HEALTHY BEHAVIORS: Play Every Day, Eat Colorful Fruits & Vegetables, Stick with Water, Watch out for Sneaky Sodium, Steering Clear of Tobacco, and Helping others to be Heart Healthy!
2. Help spread the message to friends and family and share how they can be more heart healthy.
3. Collect donations for the American Heart Association. Students may seek donations from family and friends to help support their fundraising efforts.

The American Heart Association has made collecting donations really easy with their online version at www.heart.org/jump or by downloading the app by searching, "Jump/Hoops". Follow the instructions on the attached sheet to create your own website. Our school is listed as Jack D. Johnson Elementary. Each online donation is a minimum of \$5.

PLEASE TAKE NOTE, THIS YEAR WE WILL ONLY BE ACCEPTING ONLINE DONATIONS and will NO LONGER accept cash/checks/money envelopes. Our school deadline will be **Friday, February 22, 2019.**

Since the program involves more than jump roping, there will no longer be jump rope performances; however, we will have a day where families and loved ones can come in and be active participants with their student during PE class. You will participate in stations with your child such as hoops, jump roping, dancing, and fun ninja obstacles. We look forward to seeing you, and don't forget to dress for lots of movement and fun!

KIDS HEART CELEBRATION SCHEDULE:

<u>Thursday Feb. 21st</u>	<u>Friday Feb. 22nd</u>
8:30-9:25 Chapman/Kondikoff/Morgan	Brownfield/Davidson/Wilson
9:30-10:25 Whitney/DeWester/Little	Brandt/Thannum/Kerr/Jacobson
10:30-11:25 Lee/Reguero/Durbois	Montgomery/Luft/Groeneveld
12:40-1:35 Darovec/Robinson/Becker	Buck/Garvey/Edmiston/Covert
1:50-2:45 Mendoza/Cheek/Farah	Zock/Randall/Campbell/Catlin

Alexander students will jump with their traveling class.

Thank you for supporting our school and the American Heart Association! Feel free to call 817-949-4550 or e-mail Kena.Childress@southlakecarroll.edu with any questions!

Coach Kena Childress

Mrs. Cindy Mullen

Mr. Norment