

Jump Rope For Heart 2018

Dear Families,

The excitement is growing as the **2018 American Heart Association Jump Rope For Heart** approaches. The children will be learning more about the benefits of living a healthy life style by exercising and making smart food choices. We encourage you to discuss healthy food and snack options with your child.

Guidelines for the **Jump Rope For Heart** are provided below.

Dates:

5th Grade- Tuesday, February 13th

4th Grade- Wednesday, February 14th

3rd Grade- Thursday, February 15th

Time:

starts at 3:45 and ends

promptly at 5:00

cafetorium pickup/sign out

Dress:

Lightweight clothing, shorts, T-shirts and SNEAKERS

Please send children to school dressed in layers the day of the event.

They may change before the event if necessary.

Food:

Send healthy snacks to school with your child on the day of the event. Please label ALL food and drink containers.

Suggestions include: fruit juice or water in plastic containers, pretzels, popcorn, raisins, and cut-up fruits or veggies.

FRES Gym will be a nut free zone during all jumps!

Please check the labels on your child's snack.

We are looking forward to another wonderful afternoon for the children, and a successful benefit for the **American Heart Association**. French Road has been **Number 1** in the Nation for a record **19** years in a row! With your support we can continue the tradition. Please no cash or coin. Checks can be made payable to the **American Heart Association**.

For more information, check out our FRES P.E. website in the classroom webpage area

* Look into the website for getting pledges at www.heart.org/jump to get your child started. This eliminates the process of retrieving checks from sponsors.

PTSA Coordinators:

5th - Stephanie Bauschard (748-5125)

4th - Shadia McAnally (442-8071)

3rd - Eugene Hong (319-5230)

Jump Rope For Heart Coordinators and Physical Education Teachers:

Rick LaPaglia, Mark Salerno, and Krystal Forsyth 242-5200 x5159

