

JUMP ROPE FOR HEART
WEDNESDAY, FEBRUARY 5TH, 3:00 - 4:00
PERMISSION SLIP

Dear Parents,

On Wednesday, February 5th we will be hosting our 2020 Jump Rope for Heart event. It is open to all 2nd, 3rd and 4th grade students and will be held from 3:00-4:00 in the big gym. **Participants must be picked up promptly at 4:00pm at the front entrance.**

Jump Rope For Heart is a national program cosponsored by the American Heart Association and the American Association of Health, Physical Education, Recreation and Dance. It is endorsed by the Governor's Council on Health and Fitness. Contributions raised through the event will help fund research, education and community programs for your local Heart Association. Heart disease and stroke kill more people each year than all other causes of death combined.

During JUMP ROPE FOR HEART, students will jump rope in teams of four to six. Two jumpers from each team will jump at a time alternating every two minutes for one hour. Participants may collect pledges for each minute their team jumps or in a sum of any amount. We ask that cash not be given but gladly welcome personal checks or pledges made online. (Directions for online pledging will be attached to the pledge envelopes.) **A pledge envelope for collecting contributions will be given to all participants who sign up to jump for pledges.**

A list of the "thank you gifts" for this year's JRFH can be found on the pledge envelopes. These gifts are given to the students who collect money as a "thank you" for their community service. If your child is going to participate please fill out the permission slip below and return it by **Wednesday, January 29th.**

PLEASE SIGN, DETACH AND RETURN TO SCHOOL
BY WEDNESDAY JANUARY 29TH

CHILD'S NAME _____ **TEACHER** _____

"I give permission for my child to participate in Jump Rope for Heart. I know of no medical reason which would prevent my child from participating safely. I assume the risk of injury to my child in this event and give up any and all claims for damages I may have against the American Heart Association or others associated with this event."

Parent/Guardian Signature

Date

_____ My child will be jumping for pledges

_____ My child will be jumping for fun and fitness only.