



American Heart Association

Learn and Live



American Alliance for Health, Physical Education, Recreation and Dance

February 10, 2012

Dear Parent/Guardian:

On Wednesday, February 29, 2012, the Integrated Day Charter School After-School Program will be participating in their 12<sup>th</sup> Jump Rope for Heart event to raise funds for the American Heart Association.

This event offers many benefits – First, the money raised is used to fight heart disease and stroke through research & education. Second, your child will benefit – besides being fun, it teaches jump rope skills and the importance of physical activity and community service.

On the flap of the Participant Collection Envelope is a Release and Indemnification Form permitting your child to participate in the event. I hope you will sign this form so your child can take part in Jump Rope for Heart. **Your child must turn in a signed Release and Indemnification Form to participate in the event.** Collection of these envelopes will begin after the Winter Recess on February 27, 2012 – please give them to Mrs. Conn or put them in her mailbox.

Family & friends are welcome to support your child's participation by making contributions. I am encouraging students and parents to raise funds online this year and have included instructions on how to do online registration and fund raising. However, if you decide not to do fund raising online **we ask that children not go door-to-door or ask strangers for donations.** Make sure checks are made payable to the **"American Heart Association"**. **Please do not turn in cash.**

If your child wishes to participate in this event, please **RETURN** the following permission slip to Mrs. Conn or your child's classroom teacher. **When this pink slip is returned it will be entered in a drawing held at the conclusion of the JRFH event.** A minimum contribution of \$5.00 is anticipated from each jumper. Depending on the amount of contributions collected, your child will be eligible for a variety of thank-you gifts.

On the event day, please make sure your child wears soft-soled athletic shoes & clothing that will not interfere with the rope. The jump time for each club will last at least 1/2 hour running between 3:30 PM and 4:30 PM. The schedule when the clubs will be jumping will be posted on the front door.

We welcome your attendance at the event. Parents volunteering to assist or donate snacks will be contacted by February 27, 2012. If you have any questions about our Jump Rope for Heart event, please contact me at 892-1900 VM 334 or talk with the Heart Ambassadors from the jump rope demo team. We look forward to your child's participation in this very important event.

Sincerely,

*Deborah M. Conn*  
Deborah M. Conn

\_\_\_\_\_ has my permission to participate in the Jump Rope for Heart event at IDCS, Wednesday, February 29, 2012 from 3:30 pm to 4:30 pm.

I am willing to help by:

\_\_\_\_\_ providing a healthy snack donation

\_\_\_\_\_ supervising my child's team at the event

You can contact me at (phone #) \_\_\_\_\_ Parent Signature \_\_\_\_\_