



American
Heart
Association®

life is why™



Jump Rope For Heart

French Road Elementary School

(#1) 1999-2014



Rick LaPaglia

Mark Salerno

Krystal Forsyth

Jenn O'Brien

▶ What Is
Jump-Rope-
For-Heart?



► It's A Fund-
Raiser for
the
American
Heart
Association





HOOPIN
IT

Three Steps to FRES Success

- 1. Before the JRFH Activities**
- 2. Day of the JRFH Activities**
- 3. After the JRFH Activities**

4 Weeks Before the Kick Off

- **Review and Revise Permission Slips & Pledge Cards**
- **Send Permission Slips and Pledge Cards out for Duplicating**
- **Talk with Parent Volunteers**
- **Revise Letter to All Parents Regarding Jump Activities, Dates and Protocol**
- **Set Date for Kick Off!**



2015 French Road Elementary School

Jump Rope For Heart Permission Slip

Date: Tuesday, February 10th
Time: 3:15-5:00
Place: FRES Gym

Coordinators:
Mr. LaPaglia, Mr. Salerno, Miss. O'Brien and
Mrs. Forsyth 242-5200 x5159

Jump Rope For Heart involves jumping rope- a strenuous activity that may include risks such as, but not limited to physical exertion, falls and contact with other participants. In consideration of being allowed to participate in this event, I hereby expressly assume all risks, including personal injury and fatality, arising out of my participation in Jump Rope For Heart and related activities.

It is my responsibility to ensure that all my clothing and equipment are properly fitted and appropriate for use in this event. Although refreshments and other assistance may be made available during this event, I am solely responsible for my own health and safety. I represent and warrant that I am physically fit and able to participate in the Jump Rope For Heart. I agree to stop and request assistance if I experience any symptoms such as, but not limited to, dizziness, excessive fatigue, shortness of breath, pain or any other conditions that would make it difficult or unsafe to continue.

I agree, for myself, my heirs, executors and administrators, not to sue and to release indemnity and hold harmless The American Heart Association, Inc., it's affiliates, officers, directors, volunteers and employees and sponsoring business and organizations and their agents from any and all liability, claims, demands, and causes of action whatsoever, arising out of participation in this event and related activities- whether it results from the negligence of any of the above or from any other cause. Furthermore, I authorize the use of my image and voice as may be captured by photograph or recording during my participation in this event.

**LET'S STAY NUMBER ONE FOR ANOTHER YEAR!
HELP BY VOLUNTEERING OR SPONSORING A STUDENT!**

Cut here ✂.....

I have read, understand and accept the terms of this agreement.

Child's Name: _____ Homeroom Teacher: _____

Parent or Guardian Signature: _____

For the Parent or Guardian: I would like to volunteer during the Jump Rope For Heart.

Please call me at _____ e-mail address _____

(Do not give number and e-mail if you do not wish to volunteer)

Grade 5

PERMISSION SLIP / PLEDGE CARD TABLE



**2015 AMERICAN HEART ASSOCIATION
 "JUMP-ROPE-FOR-HEART"
 THANK YOU GIFTS**

<i>Gift</i>	\$15	\$50	\$75	\$150	\$250	\$500	\$1,000	\$1,000+
Water Bottle + "Splatter Quacky" Duck	***	***	***	***	***	***	***	***
Jump Rope + "Scribbles Ninja" Duck		***	***	***	***	***	***	***
Jump T-Shirt + "Spy" Duck			***	***	***	***	***	***
Playground Ball + "PE Cool" Duck				***	***	***	***	***
Mini Beamo + "Sock" Duck					***	***	***	***
Portable Capsule Speaker						***	***	***
Smakaball							***	***
Zike Z150								***

Any student participating who raises \$15 or more will be entered in a drawing to win a Zike Z150 at their grade level event! Anyone raising over \$250 will receive bonus gifts! "Ski Dude" Duck and a "Super Duck" Trophy! We are looking forward to another great year. Thank you for your support!

Excited About Filling Out Their Pledge Cards!



Week Before the JRFH

- Take 10 minutes out of Phys Ed time to discuss how to make teams.
- Have students take a Team Sheet to fill out with Student Names and Homeroom Teacher Names.
- When Team Sheets come in, transfer them to the Master Team Lists in numerical order.
- Tape the Master Team Lists on the Team Wall in the Gym Hallway.

2015 Jump-Rope-for-Heart Official Team List

Name (first & last)

Homeroom teachers name

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Grade 5

2013 Jump Rope for Heart Teams

Team #	Jumper's Name	Teacher's Name	Pledge Card Subtotal	Pledge Card Total	On Line Total	Final Total
5	Hayley Zielinski	Hall	_____	_____	_____	_____
	Shannon <u>Samsonik</u>	"	_____	_____	_____	_____
	Maya <u>Spadoni</u>	Simmons	_____	_____	_____	_____
	Rachel <u>Chilson</u>	J. Tellex	_____	_____	_____	_____
	Katie Lederman	Posner	_____	_____	_____	_____
	Maya <u>Randazzese</u>	<u>Bethlendy</u>	_____	_____	_____	_____
6	James Howell	<u>DuBois</u>	_____	_____	_____	_____
	Trevor Lucas	"	_____	_____	_____	_____
	Chris <u>Wihlen</u>	"	_____	_____	_____	_____
	Katie Byrne	"	_____	_____	_____	_____
	Harry Franklin	"	_____	_____	_____	_____
	Nicky Heffner	"	_____	_____	_____	_____

"JUMP-ROPE-FOR-HEART"

Important Dates

5th Grade

Feb 11 - Pledge Cards and On-Line Gift History are due to the Phys Ed Staff

Feb 12 - "Jump-Rope-For-Heart" Event!

Feb 13 - First day to turn in money

Mar 8 - Last day to turn in money

(Please do not turn in any money until the day after the event)

4th Grade

Feb 12 - Pledge Cards and On-Line Gift History are due to the Phys Ed Staff

Feb 13 - "Jump-Rope-For-Heart" Event!

Feb 14 - First day to turn in money

Mar 8 - Last day to turn in money

(Please do not turn in any money until the day after the event)

3rd Grade

Feb 13 - Pledge Cards and On-Line Gift History are due to the Phys Ed Staff

Feb 14 - "Jump-Rope-For-Heart" Event!

Feb 15 - First day to turn in money

Mar 8 - Last day to turn in money

(Please do not turn in any money until the day after the event)

"PARENTS"

Please remember to pick up your child promptly at 5:00 to make pick-up a smooth and orderly process!

NIGHT BEFORE THE JRFH

- Measure the gym floor for team squares
- Put tape on the floor for team squares
- Hang banners and posters on backboards and hallway bulletin board
- Have iPod ready with Jump songs and special songs
- Get a good night's sleep



DAY OF THE JRFH

- ❖ Set up cafeteria tables for back packs and coats
- ❖ Set up stage and stereo system in the gym
- ❖ Put 1 jump rope in each team square
- ❖ Dismiss students from the cafeteria to the gym by their team number
- ❖ Thank students for participating
- ❖ Give list of safety rules and moment of silence
- ❖ Have students number themselves
- ❖ Start off the 1st person with a "JUMP" song

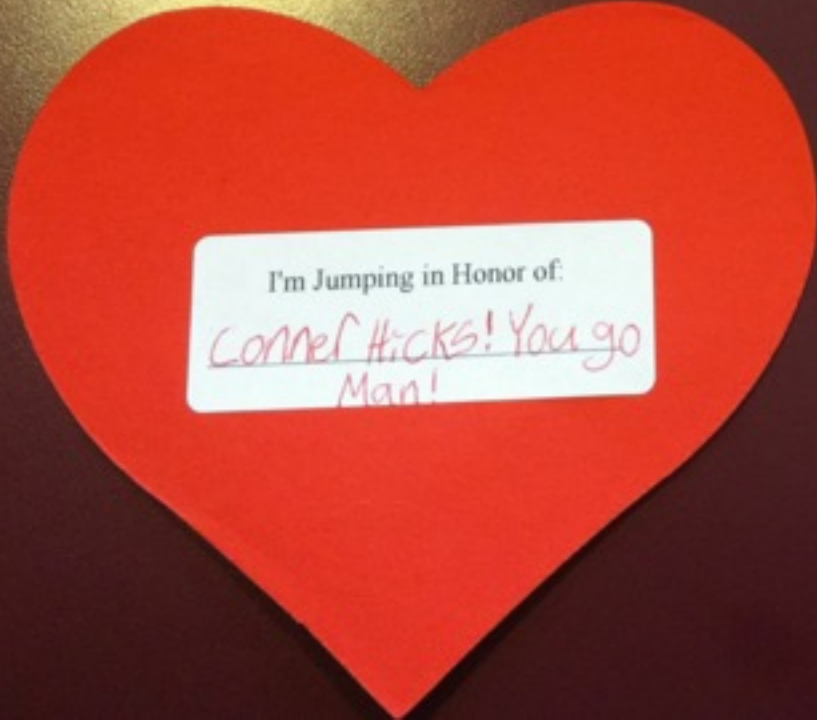
Kids Getting Ready for the Jump







I'm Jumping in Honor of:
Conner Hicks
From: Torik Poole



I'm Jumping in Honor of:
Conner Hicks! You go
Man!



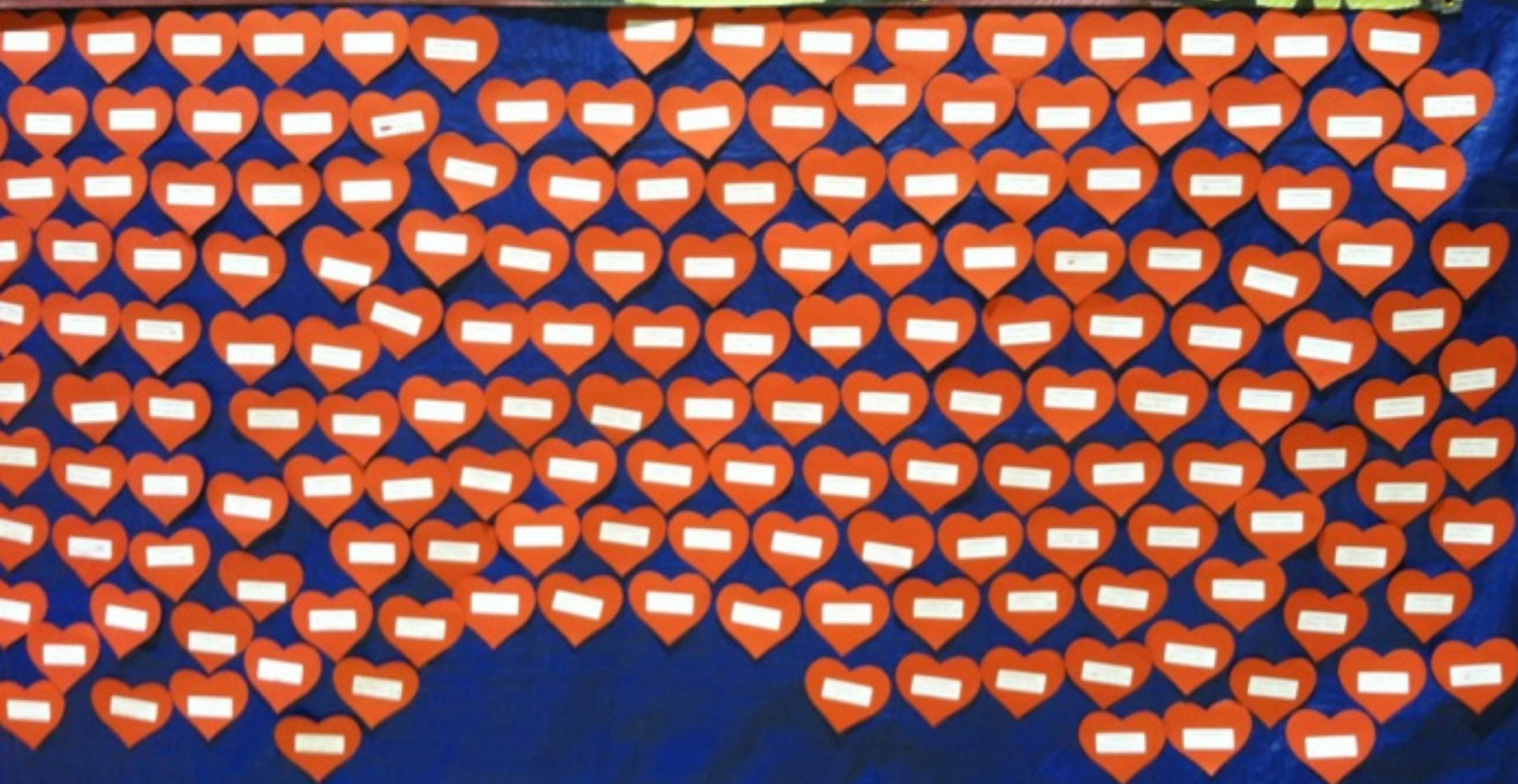
I'm Jumping in Honor of:
Conner Hicks
Hope you get better



Wall of Honor



DIYOT



Girl Putting Her Heart on the Wall of Honor





Wall of Honor

Mr. LaPaglia with 5th Grade Boys



Kids with Rochester Razor Sharks' Mascot & Player





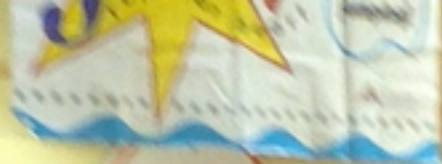
LITTLE GIRL LOOKING UP AT BIG MAN



Rick & Ella at Head Table



Wall of Honor



Action During The Jump!



Healthy Drinks



Principal & Superintendent Jump-Off!





American Heart
Association. 
Learn and Live.

Name: _____

Grade: _____

Team# : _____

Home Room: _____

February 2015

Dear Parents,

We want to thank you for all your support for the 2015 "**Jump-Rope-For-Heart**". If you had an opportunity to join us for any part of the jumping, we're sure you noted the enthusiastic response of the children and the great program offered by the Physical Education Department.

The collected pledges are due **March 6th**. We would appreciate it if you would help your children, and us, by counting their pledge money and returning it to us in the form of CHECKS. Please do not send CASH to school with your children. Checks should be made out to **The American Heart Association**.

Again, thank you and your children for helping to continue French Road Elementary School's outstanding contribution to the American heart Association! We will let you know what the grand total is as soon as all of the pledges have been counted. We hope you have enjoyed being a part of the "**Jump-Rope-For-Heart**" as much as we have!

Sincerely,

Stephanie Bauschard ...748-5125, Carole Woodlock ...615-3110, Sarah Salerno ...242-8646
Rick LaPaglia, Mark Salerno, Jen O'Brien, Krystal Forsyth ...242-5200 x5159 (PE Staff)



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After the JRFH

After the Jump, the students are given two weeks to collect the money from their sponsors.

The students bring their Pledge Cards with cash & checks and or their On-Line Gift History printout in the collection envelope that they are provided.

We count the money turned in and order the thank you gifts.

When the thank you gifts arrive, we hand them out during Phys Ed classes.



End of Year Celebrations!



French Road Elementary School



Thanks for allowing us to share
our story!