

Jump Rope for Heart

Small schools can make big differences.

You are the EXPERT

- You know your school
- You know your students
- You know your staff
- You know your admin
- You know your parents

- If you don't know..... ASK

Parents can help

- Develop a parent committee
- ASK FOR HELP (it is ok)
- Allow them to do the “dirty work” (finding partners, connections in the community, event day donations, etc.)
- Give them parameters (deadlines etc)
- Allow the “doers to do” and you run your “class”
- Let them focus on colors, or themes, or media... (you least favorite aspects)

Develop a motto or theme

- Go big or go jump
- We have heart
- Small schools can make big differences
- Jump on it

Allow the AHA to help

- Ask your rep
- Lean on your rep
- Use your rep
- Email your rep
- Develop a relationship with them
- Invite them to your event

Ask for a DEMO team



They are FREE







Behind the Scenes

- I always meet with my parent/teacher committee 2 months before my kick off date. I use the one meeting to excite and give “marching orders”. The rest of the time, we just email. Until set up day for the event.
- We do a recap of last year and set our goals for the next year.
- I send parents on their way and check in weekly.

Recruit Teachers/Staff

- Involve wellness committees
- Find the teachers that are like-minded and ask for their support
- Shoot for the moon with admin

Kick off / packet letter

It's Time to Get JUMPING St. Benedict's!



Welcome to St. B's 2015 Jump Rope for Heart Benefitting the American Heart Association

It's time to lace up your shoes, dust off your jump ropes, and get jumping to support heart health! We have several fun schoolwide events planned for 2015, and we invite your family to participate. Please carefully read the information packet, mark your calendars, be on the lookout for additional info, and plan to join us in raising funds to support heart health through educational and research programs.

- ◆ **In-Class Activities**—Coaches Kish and Murphy will begin teaching jump roping during PE, and ropes will be available during recess. They will also discuss with the children the importance of helping those in need and fundraising etiquette.
- ◆ **Fundraising Information Packets**—Enclosed is your child's official Jump Rope for Heart fundraising packet. *Online donations are preferred and enable children to customize pages with photos, videos and special messages to friends and family.* However, many children also collect cash donations through creative and enterprising ways. We'll be talking more about child-friendly fundraising ideas during class and in future communications.
- ◆ **Schoolwide Happenings**—From **Hat Day** and **PI (Pie a Teacher!) Day to Change Wars**, we have lots of opportunities planned to raise funds while having fun! Please see reverse side for scheduled dates.



American Heart
Association
Learn and Live.

In 2014, St. Benedict's raised \$ 7,128! St. B's was #1 in the Southeast (approx. 1,000 schools) and #3 in the Nation (approx. 40,000 schools)! Our 2015 goal is to beat our record by \$1. Together, we can do it. Let's raise \$7,129!

Mark Your Calendars and Plan Your Fun!

- ✓ Feb 25-27—St. B's Packets G Home: Fundraising Begins!
- ✓ Feb 26—\$1 Donut Day (2 Donut Max)!
- ✓ March TBD—PI (Pie a Teacher!) Day: Details to come.
- ✓ March 18—Hat Day: Wear a Hat for \$1 Donation!
- ✓ April TBD—Change Wars: Which Class Will Win?
- ✓ April 13-17—Fundraising Packets returned to School.
- ✓ April 17—Jump Rope for Heart Schoolwide Event!

2015 Fundraising Goals & School Celebrations

- 📌 **St. Benedict's 2015 fundraising goal is to BEAT OUR 2014 RECORD by \$1.00!**
Last year we raised \$67,128. We believe that with your help and participation, we can beat that amount this year! *Let's raise \$67,129 in 2015!*
- 📌 **Our Jump Rope for Heart Event will be Friday, April 17.** We'll kick off the day with a schoolwide Pep Rally (Preschool, Elementary & Middle), Special Guests, Performances, and FUN! Parents are *wholeheartedly* invited and we need lots of hands-on help that day to make sure everything runs smoothly. Please plan to attend and to help that day if you can. More info and details to follow.

Let's Get Started Today:

- Mark Your Calendar for Special Dollar Days & Fundraising Events
- Create your personalized online fundraising page, call your family, emails your friends, and GET CREATIVE!

Questions about Jump Rope for Heart or AHA fundraising?
Please contact Coach Kish at r.kish@mysaintb.org.



Dollar FUNdraising days

- Hat day
- Wear Red
- PJ Day
- Crazy Sock Day
- Jersey Day (team up to fight Heart Disease)
- Mismatch Day

Entire School Fundraisers



PIE DAY



\$3.00 for 1 or \$5.00 for 2



95 % participation

○ Supplies needed:

- Willing volunteers to get pied, take money and fill plates (pies)
- Paper plates
- Large bottles of spray whipped cream
- Our total cost was \$80.00 and our revenue was over \$2,000

Change Wars



How it works

Designate a bucket for each homeroom and safe keeping location (I use my teaching space)

Have students bring in as much change as possible to fill their buckets

Class with most change wins...

(Have designated times for money drops. Make sure money is monitored due to sneaky hands. I imparted the rule, if I see you cheat, I dump your class bucket into another class bucket)

ADD A TWIST

Sabotage

- Allow students to “sabotage” other classes by placing in DOLLAR BILLS
- For every DOLLAR BILL placed in the bucket, at the end of the contest, you will subtract that much in change.
- EXAMPLE: class has a total of \$50.43 in total change in their buckets. They had 25 dollar bills placed in the bucket. Their total at the end would be \$25.43. But that class just raised \$75. 43!!

Have a winner

- Allow the class that “wins” by collecting the most change a special reward.
- Ideas: free PE class (they play their favorite games that day)
- Lunch in the gym or outside with you
- Special extra PE class
- We raised over \$4,000 in change wars. Cost to us: NOTHING!

Teacher Talent Show

- After school
- VIP (for students) EVENT
- No parents or you do a raffle for only 4 parents to attend
- Supply a snack
- Involve ASP/staff etc to help
- Involve extra teacher hands that don't want to perform to do "dirty work"

Make it creative

- It can be silly and real (mix it up)
- Make sure you have someone very good at crowd control and set rules before show begins
- We charged \$5.00 and ran from 3:45-5:15. (during our ASP hours)
- We had a HUGE participation and only 11 acts (some teachers did multiple ones)
- We got snacks donated (again check with your ASP, they may be able to order you discounted snacks)
- We made over \$2,500 with no cost



Teacher Wash Day

- Sell water balloons to students \$2.00 each
 - Rent water shooters (buy from dollar store) \$10.00-\$20
 - Rent Super Soakers \$25-35
 - Have teachers drive through on scooters, bikes etc... and allow students to “wash them”
 - No cost to you ALL PROFIT
- (again.. Use those “helpful” parents)

I try to inspire all types

- Those that want to help people
- Those that want to be competitive
- Those who can barely get support
- Those that DO get support
- Those that want awards
- Those parents/teachers that want to win

So, Here is how to reach them
all



Plaques and trophies







Keep a running tally board

1. Whitley - 600
2. Buford - 285
3. Maxey - 225
4. Puckett - 210
5. Nelson - 150
6. Dalton - 105⁰⁰
7. Aye - 75
8. Muller - 40
9. Ms. S - 55

	Ware	Pockett	Williams	Top Online
←	1305	965	1115	① Bailes - 293
St	Balentine 4106	Muller 890	Whitley 3082	② Clarissa/Laila -
2nd	Kin 2340	Holmes 2146		③ Viv - 1685
3rd	Maxey 1783	K.C. 5861		④ Devan/Shaan - 1420
4th	Tovi 1295	Patterson 2635		⑤ Lily/Nolan - 1355
5/6	- 2499			⑥ Brady/Parker - 1180
				⑦ Hadley/Walker - 1125
				⑧ ... - 820

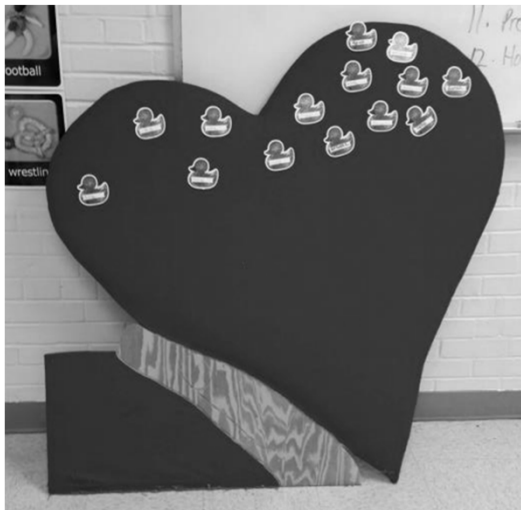
Label your banners each year

- Add totals
- Add memories
- Quick snippets to remind you what you have accomplished





Big heart for kids with big hearts



Selling water and dog treats



Jump rope in the park



On the beach



On a trail



In their neighborhood



Deeper meaning and connection

Work hard= Play hard

You get what you give

It feels good to get involved

It feels good to help others

It now means something to our community

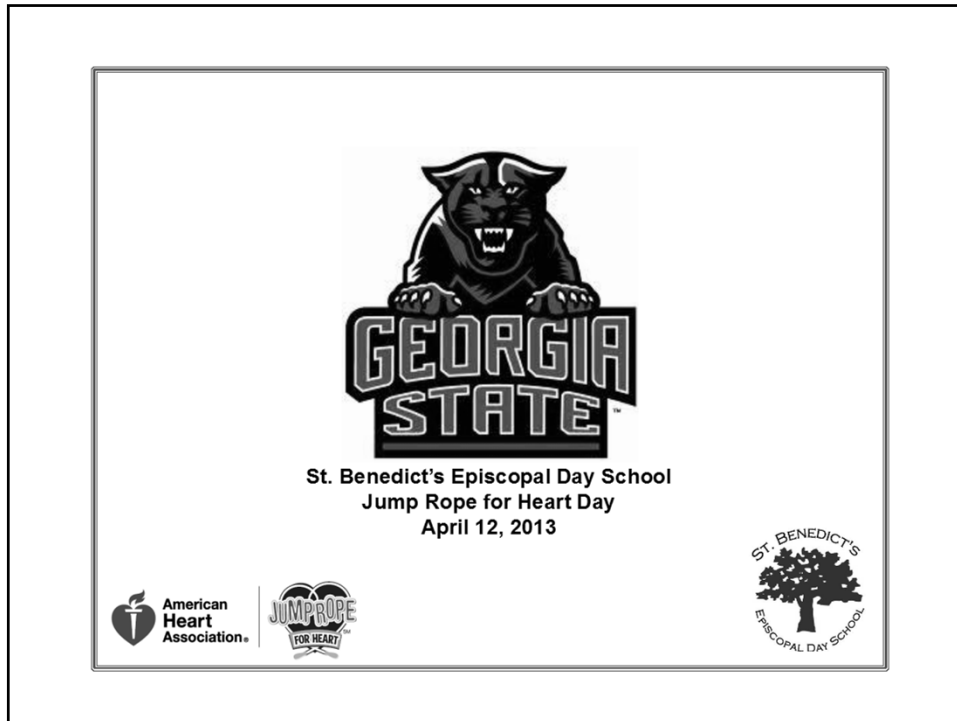
Inspiring/educating the future generations

Involve community

- HOSPITALS : wellness groups

Colleges





Public Figures

- Reach out to the community leaders
- Maybe they will send you a letter if they can not attend
- Ask EVERY YEAR

Today I jump for YOU



When they do crazy... we
answer with crazy

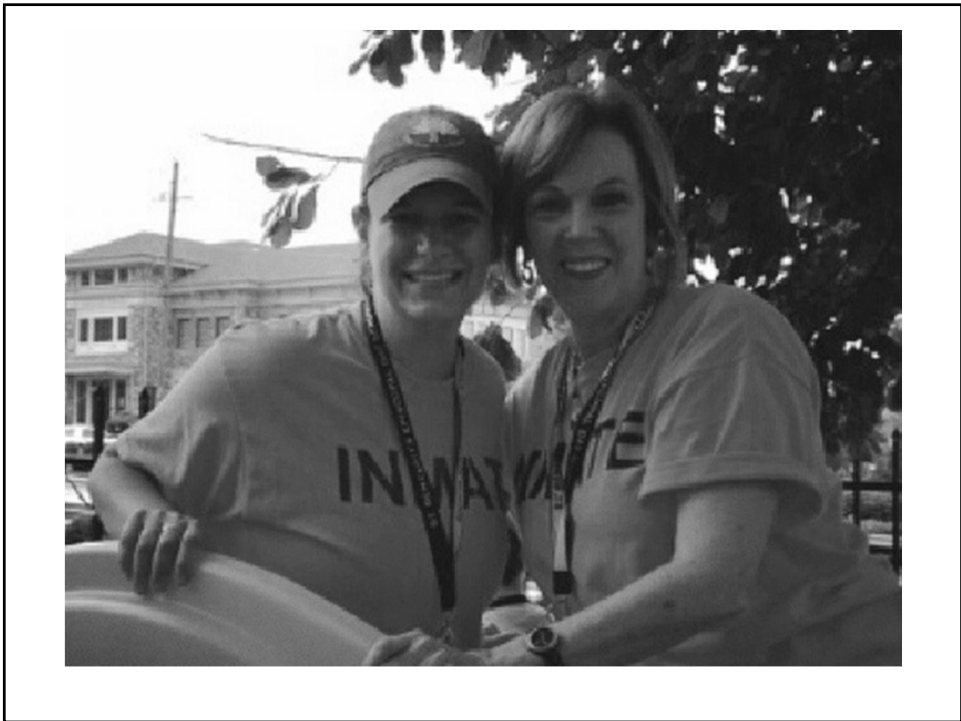




Before









Celebrate

