



Jump Rope for Heart is back!

Our school is excited to be participating in Jump Rope for Heart this year!

On Friday, February 17, students will participate in Jump Rope for Heart activities with their class in the gym. Students who want to collect donations and jump for someone special who has had heart difficulties or a stroke can get a heart from the office. The heart will say, "Jumping for _____."



Robert Ogilvie Elementary will be collecting donations from February 13 - 28.

You can donate the following ways:

- At the school office (cash or cheque made out to the school)
- Online at:

<https://www.jumpropeforheart.ca/donate>

Search for Robert Ogilvie Elementary

All donations go to the Heart & Stroke Foundation of Canada to help with research and programs to prevent heart disease and stroke.

Join your school online!
[jumpropeforheart.ca](https://www.jumpropeforheart.ca)

Check out the Jump Rope for Heart website for more information.

Participate in the EASY Online Challenge!

E - Eat Fruits and Vegetables

A - Active for 1 Hour or More

S - Screens for 2 Hours or Less

Y - Yes to Water - No to Sugary Drinks

Kids helping kids!

The funds kids collect supports research that helps other kids and families across the country.



Dani

Was born with congenital heart disease.



Zoe

Had a cardiac arrest when she was five.

Jump gives back to schools!

As a thank you for putting kids' heart and brain health first, schools that raise at least \$500 can receive 8% of the funds raised back to:

- help get new equipment or supplies
- donate back to Heart & Stroke to support lifesaving research

