

Jump Rope for Heart Campaign 2022 Information for Parents

Campaign Dates: April 4-8th, 2022

Overview

This letter provides a general outline of the Jump Rope for Heart activities. For information about the charity and how the program works, please see the Jump Rope for Heart Letter to Parents and/or heartandstroke.ca. Once again, we are supporting the Heart and Stroke Foundation by holding a Jump Rope for Heart event at PME. A portion of the money raised will go towards the purchase of gym equipment.

This year's program and donation collection is completely online. Here is the link to the PME Jump Rope for Hearts page:

http://support.heartandstroke.ca/goto/PME_Panthers_Jump2022

As in the past, incentives are part of the program, but you can control whether your child will receive an incentive and, if so, the incentive type. This year, all incentives are gift cards. Please read the Jump Rope for Heart Letter to Parents for more information about this.

Launch Day - March 29th

Starting on or just after Tuesday, March 29th, your child's classroom teacher will show the class a PowerPoint outlining our campaign. When they come home excited for Jump Week, you know they've had the presentation!

During Jump Week, each day will have the following themes, and we encourage as many students as possible to come dressed for the daily theme:

Monday, April 4th - Neon Day.

Tuesday - Crazy Hair or Hat Day.

Wednesday - Dress Like the 80s Day.

Thursday - Team Spirit (Jersey) Day.

Jump Day Friday - Red and White Day.

Our Goals and Incentives

In the past we have raised over \$7000. This year, we have set the goal of approximately \$10 per child, or **\$5000**.

Incentives

Our incentive to meet this goal is an **EXTRA RECESS** to be scheduled some time in June. Should we raise **\$8000 +**, our incentive is a **MOVIE** morning/afternoon with fresh popcorn sometime in June.

Drop Everything and Skip

As in 2020, we will have Drop Everything and Skip each day leading up to the Big Event. As a class, within their classroom or outside, students will participate in 25 minutes of skipping or jumping activities. This takes place at the end of the day from **1:55- 2:15/20**.

The BIG EVENT DAY - JUMP DAY, April 8th (weather permitting).

The event day will happen **Friday, April 8th** so long as it isn't raining. It will be rescheduled on the next possible rain-free day should the weather not cooperate.

Primary Students

To reduce the number of students skipping on our somewhat limited asphalt area, we have split the primaries into two different groups. Below are the groups and their event times:

Primary Session #1: 9:00-10:10.

Lemmen, Sandhu, Scott, Towne, McRobbie, MacDonald.

Primary Session #2: 10:40-11:50.

O'Shea, Whitelock, Van Sickle, Wear, Mathay, Drabik, Belson.

Intermediate leaders will be leading primary classes in one of 7 skipping or jumping categories at a station for approximately 20 minutes for a total of 3 different stations.

Intermediate Students

Student Leaders

Some intermediates have volunteered to lead the primary students in a skipping station for one of the primary events and have been given time in PE to prepare for this.

Intermediate BIG EVENT

The intermediate BIG EVENT is in the afternoon of April 8th from 1:00-2:15. While music plays in the background, students will participate at various stations set up both on the asphalt and in the gym. They will participate in some of the same stations as the primaries as well as basketball games in the gym as we did for Hoops for Hearts in the more distant past.

End of the Campaign

Though the Big Event (weather permitting) is April 8th, the campaign fundraising officially ends Friday, April 22nd. All donations should be made by this date, though you can donate to the Heart and Stroke Foundation throughout the year.

THANK YOU FOR YOUR SUPPORT!!