

# Rumsey Hall

Get ready for Kids Heart Challenge!

Dear Parent/Guardian,

It's time for the Kids Heart Challenge! Did you know that heart disease is the leading cause of death for all Americans, and up to 80% of it may be preventable through lifestyle changes? Kids Heart Challenge is a service-learning program that will teach your child the importance of heart-healthy habits, share inspirational stories of children who have been touched by heart disease and help raise life saving funds for the American Heart Association.

## Here's how it works:

- Your child has received his or her fundraising envelope. Start by setting up a personal fundraising page—easy directions are on the back of this letter.
- Ask family and friends if they'd like to donate. Not sure what to say? Your child can use the simple script on the collection envelope.
- Encourage your child to get ready to jump, shoot hoops and have fun at his or her school event!

As part of Kids Heart Challenge, your child will choose a healthy challenge and share lifesaving tips. There is even a parent corner with tips on keeping your children healthy at home! Our school can earn money for PE equipment and your child earns fun prizes that encourage him or her to keep up the good work for heart health. And that's something to jump up and down about!

## Important information for our event:

Event Date: 2/7

Envelopes Due: 2/7

Thank you for your support!

Sincerely,  
Mrs. Dyball, PE Teacher

### THANK YOU

KIND

**REGISTER ONLINE**  
Get a wristband

**\$5**  
Get **PERRIE**



**\$10 ONLINE**  
Get **KNOX**  
plus lower-level prizes



**\$15**  
Get **JUMP ROPE**  
plus lower-level prizes



**\$25**  
Get **NICO**  
plus lower-level prizes



**\$40 ONLINE**  
Get **SOFIE**  
plus lower-level prizes



**\$50**  
Get **T-SHIRT**  
plus lower-level prizes



**\$75**  
Get **KICK BALL**  
plus lower-level prizes



**\$100**  
Get **CRUSH**  
plus lower-level prizes



**\$200**  
Get **SUNNY**  
plus lower-level prizes



**\$250**  
Get **STRECH**  
plus lower-level prize



**\$500**  
Get **POPPER**  
plus lower-level prizes



**\$1,000**  
Get **EAR PODS**  
plus lower-level prizes



Search "Kids Heart Challenge"  
in your app store or visit us online at  
[heart.org/kidsheartchallenge](http://heart.org/kidsheartchallenge)