

JUMP ROPE for HEART

40
Years of
skipping

Earn a prize for the
amount you raise!

\$5000

VULVY kids bike or \$500 red
balloon voucher



+ one prize from every
lower level

\$2500

Razor Scooter

+ one prize
from every
lower level



\$1000

Slam Ball Set



\$500

Mystery Prize Box



\$250

Supersonic Ball



\$100

Shoot Ball
Animal (Lucky Dip)



\$60

Handball

**JUMP
ROPE
for
HEART**

\$35

Mystery
Skipping Rope



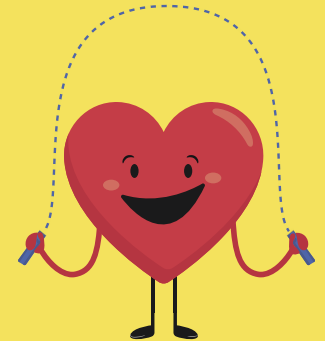
\$250

BONUS PRIZE!
Ring Toss Game
when you raise \$250 or more



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40
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Parents and Guardians Guide

Thank you for becoming heart heroes.

Skip, learn new tricks and help your heart grow stronger whilst you
raise funds to help researchers find new ways to fight heart disease.

Learn tricks



Have fun



Raise funds and
earn cool prizes



Sign up now at
jumprope.org.au/parents

Sign up at jumprope.org.au

Information for parents

To celebrate 40 years of Jump Rope for Heart, this year we have extra prizes (for parents!) to be won. For every \$40 you raise, you'll go in the draw to win one of three, \$300 VISA Gift Cards.* There are three to be won each term.

Help fight heart disease

Your school is taking part in Jump Rope for Heart – a skipping and fundraising program aimed at getting your child physically active, whilst learning about how to keep their heart healthy.

Donations raised will go toward funding powerful new research that will help end heart disease and the family heartache it causes.

What's involved

Jump Rope for Heart is a fun way for your child to be more physically active, leading them to a future of better health outcomes and reducing their risk of heart disease in adulthood.

Your child's teacher will organise skipping activities during school hours and encourage your child to skip at home by using our online resources! Over the coming weeks, you'll notice your child become more active and confident as they learn some awesome new skills and healthy habits.

How do I get started?

1. Register your child online. Visit jumprope.org.au/parents

2. Set your fundraising goal

Show everyone what you're aiming to raise. Most people start with a \$200 goal which you'll easily achieve with a little help from family and friends.

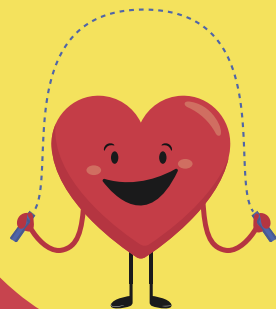
3. Make the first donation

It helps get things moving and sets the bar for friends, family, co-workers and neighbours (trust us, it works!).

4. Share your child's page with friends and family and ask them to donate to support your child's effort.

Every dollar you raise will help fund vital research, support and programs that help save lives. Social media, email and SMS are a great way to get the word out there!

5. Log your child's skipping activity so they track their progress and earn virtual badges.



Your support gives hope to thousands of families that we can end heart disease.

Open-heart surgery is intimidating. Especially for a toddler.

At the age of two, Isla had open-heart surgery to treat an atrial septal defect (ASD), which means she was born with a hole in the wall, or septum, that separates the top two chambers of the heart. When this happens, extra blood leaks through the hole into the right chamber making the heart and lungs work harder. Thankfully, Isla's story has a happy ending. The surgery was a success, and her condition does not affect her day-to-day life. But there are still thousands of Australians, like Isla, who are living with a compromised heart where daily life is a struggle.

When Isla learned her school was doing Jump Rope for Heart, she felt a real connection to the cause"

"She told me, 'Mum, I can't go in the school talent show, because I don't have a talent. But this is skipping. I can do that and also help other kids like me'."

Isla registered for the program and practiced her skipping almost every day. She not only improved her skipping skills markedly throughout the term, she finished the program as Carramar Primary School's highest fundraiser.

How your donations can help

Over the last 40 years, families like yours have helped make innovative research and future medical breakthroughs possible.



\$50 could cover the cost of basic tools like syringes and test tubes that researchers can use to grow heart cells in the lab.



\$100 could pay for a DNA test to identify people at high genetic risk of heart disease.



\$500 could cover the cost of research antibodies used to detect viral or bacterial infections in the heart.

