

Raise funds
and earn
cool prizes

JUMP
ROPE
for
HEART



How your child can
become a Heart Hero

Parents and
Guardians Guide



JUMP
ROPE for
HEART

Hi! Pick one of us
to be your avatar
when you register
online! Get ready to
unlock accessories
and dress us up!

Have fun
and learn
new tricks



Sign up at
jumprope.org.au/parents



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



Celebrating the arrival of a newborn should overflow with joy, but for Taryn and Michael, the early days of their daughter's life were marked by unexpected challenges. A mere three days after Ayla's birth, doctors uncovered a congenital heart condition, revealing a series of holes in her heart that required urgent open-heart surgery just five days into her young life.



“ It was an incredibly tough journey, but we are forever grateful to initiatives like Jump Rope for Heart. Without heart research we wouldn't have our little girl here today. ”

Ayla's Mum, Taryn

Now, Ayla is giving back by actively participating in the Jump Rope for Heart Program at her school, Beaconhills College. Ayla embarked on this journey in her very first year of primary school, where she not only honed her skipping skills and learned captivating tricks but gained valuable knowledge about heart health.



How your donations can help

For more than 40 years, families like yours have helped make innovative research and future medical breakthroughs possible.



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



\$200 can pay for a purpose-made pipette: essential for dispensing microliters of liquid for research.



\$500 can cover the cost of an antibody used to detect a marker of inflammation in the heart.



Information for parents and guardians



Jump Rope for Heart at your school

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.

As your child takes part in the program they will become a Heart Hero, raising funds that will go towards helping powerful new research to help end heart disease.

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!

How do I get my child started?

- ✓ **Register your child online.**
Visit jumprope.org.au/parents
- ✓ **Set your fundraising goal**
Show everyone what you're aiming to raise.
- ✓ **Make the first donation**
It helps get things moving and sets the bar for others.
- ✓ **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.
- ✓ **Log your child's skipping activity so they track their progress, earn virtual badges and unlock accessories for their avatars.**

*for full terms and conditions, visit jumprope.org.au/competitions

This year, we have extra prizes (for parents and guardians!) to be won. For every \$40 you raise, you'll go in the draw to win a \$300 VISA e-Gift Card.*



Sign up at
jumprope.org.au/parents

\$35-\$59

Mystery
Skipping Rope



\$60-\$99

Knitted
Hacky Sack



\$100-\$249

Shoot Ball
Animal



\$250-\$499

Poi Ball



**BONUS
PRIZE!**

Paddle Bat Set
when you raise \$250
or more



\$500-\$999

Hover Ball



\$1,000-\$2,499

Pop Up Target Set



\$2,500-\$4,999

Razor Scooter

+ one prize
from every
lower level!



**\$5,000
or more**

\$500 Gift Card for a Bike
and Accessories

+ one prize
from every
lower level!



Hello, I'm
Happy Heart,
the proud
mascot of this
program!



These prize terms and conditions are produced by the National Heart Foundation of Australia ABN 98 008 419 761 (Heart Foundation). Students will receive only the prize indicated for the fundraising level achieved. Prizes may vary from those shown, including colours, designs, and models. The Heart Foundation reserves the right to substitute a prize with a similar product should the prize initially offered no longer be available. Students who raise \$250 or more will be entitled to receive the \$250 bonus prize as well as the respective prize for the total amount they have raised. Prizes will be sent out from the commencement of Term 2, 2024. Terms and conditions for participation (in addition to the above): 1. Prizes cannot be redeemed for their cash value. 2. Prizes will normally be delivered to the participant's school for distribution. 3. The Heart Foundation relies on information provided by each participant and cannot be held responsible for any information provided incorrectly in relation to funds raised by a participant. 4. Participants collecting cash donations must return the full amount raised, as detailed on the sponsorship form available at jumprope.org.au. 5. Jump Rope for Heart concludes at the end of the 2024 school year. Funds and paperwork for participants collecting cash donations are required to be returned to the Heart Foundation by 22 November 2024. Heart Foundation cannot guarantee prizes will be provided to schools if funds and paperwork are received after this date.