



Jump Rope for Heart kicks off this term in week 5!

Jump Rope for Heart is the Heart Foundation's primary school skipping challenge that helps kids move more, have fun and raise funds for lifesaving research and programs.



This year is the 40th year of Jump Rope for Heart! To celebrate this milestone, we've got an audacious goal to see our student Heart Heroes at Clovelly Park Primary School to log 40 hours of skipping throughout the program!

If you would like your child to participate in online fundraising, simply follow the link below to get started. <u>www.jumprope.org.au/parents</u> This is not compulsory.

Students will be skipping at the beginning of all PE lessons this term and we will also be holding a lunch time skipping club every Wednesday starting in week 5.

We will hold our school Jump Off Day in week 10. This will mark the end of the program and is a chance for everyone to come together to skip and show off their newly learned skills. More information about the program will be sent home at a later date. If you have any questions please ask or log onto the website for details.

Thank you for supporting the Jump Rope for Heart program!



Jumprope.org.au Jump.rope@heartfoundation.org.au 1300 724 804