

Your support gives hope to thousands of families like Ayla's

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 participating in Jump Rope for Heart at her school. Here's your opportunity to turn your kids into Heart Heroes like Ayla. By seeking donations for their skipping achievements, they will see firsthand how their actions can make a difference to the hearts of others.

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 help provide 30 skipping ropes to a whole class of school children, getting them skipping for Jump Rope for Heart and instilling heart healthy habits from a young age.



\$200 could pay for a researcher to measure the levels of hundreds of lipids (fats) in a blood or biopsy sample including cholesterol and triglycerides, which are linked to increased risk of heart disease.



\$500 could support a research nurse for one day, a vital part of the research team.



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 help fund powerful new research for Australian hearts.

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.





\ Sign up at iumprope.org.au/parents

JUMP ROPE for HEART

Heart Heroes Hank you prizes

As you skip and raise funds, you'll earn

Heart **Foundation**



\$5,000 or more

\$500 Bike and **Accessories Gift Card**



\$2,500-\$4,999

Pogo Stick



\$1.000-\$2.499

Kids Smart Watch



\$500-\$999

Hover Ball



BONUS

Receive a Paddle Bat Set when you raise \$250 or more



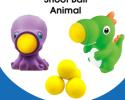
\$250-\$499

Poi Ball



\$100-\$249

Shoot Ball



DG-JRHF.032.2.1024-INF

\$60-\$99

Handball



\$35-\$59

Mystery Skipping Rope



Sign up at jumprope.org.au

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.