

Raise funds
and earn
cool prizes



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 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.**



Parents will have a chance to win prizes too this year! Keep an eye out in your inbox!



Sign up at
jumprope.org.au/parents

Heart Heroes thank you prizes 2025

As you skip
and raise funds,
you'll earn
awesome badges
and prizes!



**\$5,000
or more**

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

+ one prize
from every
lower level!



\$2,500-\$4,999

Pogo Stick

+ one prize
from every
lower level!



\$1,000-\$2,499

Kids Smart Watch



\$500-\$999

Hover Ball



**BONUS
PRIZE!**

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



\$250-\$499

Poi Ball



\$100-\$249

**Shoot Ball
Animal**



\$60-\$99

Handball



\$35-\$59

**Mystery
Skipping Rope**



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