



Coolamon Central School

Principal: Mr John Beer
Deputy Principal: Mr Kingsley Ireland

Caring is Central

Heart Foundation

Jump Rope for Heart



2 August 2018

Dear Parents/Guardians,

Our school is participating in the Heart Foundation Jump Rope for Heart program and we would love your support!

Heart Foundation Jump Rope for Heart is an exciting and non-competitive program which encourages children to become more active through skipping, learning new skills and raising vital funds for heart research and community health programs.

As a school (in Primary), students will be skipping to a chosen song each morning, from weeks three to nine before usual classes commence. The skipping will last no longer than five minutes. This is a great way to encourage our children to be active and it will kick start their day in a fun, positive and energetic way.

Students are encouraged to bring their own skipping ropes to school. This will help to cater for the number of skipping ropes needed so all children can be involved at the same time. Student's skipping ropes can be kept at school in their tote trays for the eight weeks. Please make sure all ropes are labeled with names.

Skipping is an excellent way for children to keep fit and healthy. Over the next few weeks, your child(ren) will be learning a range of fun skipping skills and new tricks. We will emphasise the importance of regular physical activity and the importance of healthy eating for a healthy lifestyle.

Jump Rope for Heart is also a great way to encourage children to get involved in our community and support Australia's leading heart health charity, the Heart Foundation. The Jump Rope team provides us with lots of resources and support to implement the program and in return we ask that students help by seeking sponsorship for their involvement.

Sponsorship is easy – simply go online to www.jumprope.org.au* or go directly to your schools fundraising page to register [https://jumprope.heartfoundation.org.au/2018/Coolamon Central School - COOLAMON NSW - 137849](https://jumprope.heartfoundation.org.au/2018/Coolamon%20Central%20School%20-%20COOLAMON%20NSW%20-%20137849)

***See page two for a step by step guide**

- A secure fundraising page will be created as soon as you register; and then you are encouraged to share this link with as many people as possible. This is an easy, safe way for your child to monitor their progress, receive bonus prizes and even receive sponsorship from family and friends who are further afield.

At the end of the program we will be holding a Jump Off; an event to celebrate the Heart Foundation Jump Rope for Heart program. This will be held in September during the week eight assembly. The Jump Off day is a great opportunity for you to witness how much fun skipping can be, come along and pick up a rope!

Let your teacher know when your child(ren) has finished fundraising online. You may like to print out a copy of the donations received online.

Thank you for joining us in the fight against heart disease.

Yours sincerely,

Emma-Lee Guymer
Jump Rope for Heart Coordinator

John Beer
Principal

A quality school in which students are nurtured and their potential realised.

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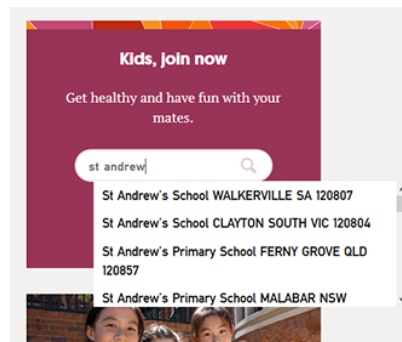
E coolamon-c.school@det.nsw.edu.au

Steps to setup your online fundraising page:

1. Visit Jump Rope website: www.jumprope.org.au



2. Click on the Kids tab
3. Find your school in the search box and click



4. You will then be taken to your schools Everyday Hero fundraising page.
5. Click on register and follow the prompts

