



Parents, we are excited to kick off Jump Rope for Heart in February! This is a ParishServes (formerly known as ParishGives) initiative this year in the Lower School.

- Each student is encouraged to raise money for American Heart Association (AHA) throughout the month of February. Donations can be made online or through a smartphone app.
- Parents can visit www.heart.org/jump to sign up, or they can do it from their smart phone by downloading the APP Jump/Hoops in the app store. There are two Parish teams to choose from – a Midway team and a Hillcrest team. (Midway students will begin fundraising on February 10.)
- We really love the idea of online donations! But in the event that your student has cash donations, each student has their own collection envelope and can bring those to school on Fridays through their take-home folders. **Please don't seal envelopes**, as we're going to reuse and recycle them each week as the students' fundraising efforts continue.
- To make it even more fun, AHA gives keychain-sized puppy figurines to those students who raise money.
- When students earn a puppy a sticker will be added to our “dog park banner.” The actual puppies will not be handed out until March. The dog park banner will be hung in the gym to track fundraising efforts. Then, at the end of the month, puppies will be distributed to individual students.
- Throughout the month, we will be celebrating heart health. On February 25 we will host a Celebration Day at Hillcrest. This is to celebrate everyone's efforts throughout the month. Pre-K 1 and Pre-K 2 will host a parade and jump around the school (super cute!), and all other grades will celebrate with fun activities in the gym during their gym period.

Your student is becoming a Heart Hero by taking care of their own heart, spreading the message of the American Heart Association, and raising funds for life saving research.

Thank you for supporting the American Heart Association!

Contact Vanessa Fuquay at vfuquay@parisepiscopal.org with questions.