

SOUTH PRAIRIE ELEMENTARY KIDS HEART CHALLENGE

(formerly known as Jump Rope for Heart)

Our community service and heart health celebration

February 12- March 1, 2024



We're on a Mission to help save lives and to join the Nation of Lifesavers at our school.

All while learning how to take care of our own hearts with heart pumping fun in PE!

WHY WE PARTICIPATE: To have fun and learn how to live a heart-healthy lifestyle. To support and celebrate the American Heart Association mission and 100th Anniversary of saving lives and making communities safer and healthier.

HOW WE CELEBRATE:

- Top student fundraiser gets to NAME the GYM and have a banner hung in their honor
- Top fundraising class will earn a choice day in PE
- When 50% of a classroom's students register for the challenge OR 3 families complete Finn's Mission, their teacher will receive a \$25 Amazon gift card from the American Heart Assn! Up to \$50 can be earned!
- Drawings for prizes throughout for all participants

New this year from the American Heart Assn:

- When 50% of our students sign up, we earn \$500 in bonus PE equipment! (Step 1&2 on the right)
- Students who COMPLETE Finn's Mission go into a drawing for 2 NFL 2025 Superbowl Tickets (Step 3)
- For every 18 students who COMPLETE Finn's Mission, our school gets entered into a drawing for \$10,000 in new PE equipment

Help us achieve our goal of growing heart healthy habits and helping to save lives this year. Every donation makes a difference to the AHA's lifesaving mission and earning more resources for our school!

Sincerely,

Ms. Teske

PE Teacher & Kids Heart Challenge Coordinator

Donation envelopes containing cash/checks should be returned by: March 1, 2024

Joining the Nation of Lifesavers is as easy as 1-2-3!

Step 1-Sign up for your school: Scan the code below, goto <https://www2.heart.org/goto/royalshaveheart> or download the Kids Heart Challenge App to get started.

South Prairie QR Code



Step 2-LEARN HANDS-ONLY CPR! Online, you'll see **Finn's Mission** and can learn this skill in under two minutes! **Did you know?** Immediate CPR from someone nearby can double a person's chance of survival.

Step 3-BE A LIFESAVER by completing all 7 challenges in **Finn's Mission!** You'll earn Finn's Lifesaver Honors and entry into a national drawing for two 2025 Superbowl Tickets.

1. Hands-Only CPR video and quiz
2. Warning Signs of Stroke video and quiz
3. Edit Your Personal Page
4. Donate to Yourself
5. Send Messages to Family and Friends
6. Share on Social (can opt out, if desired)
7. Receive at Least One Donation from Another Person