



Dear Merritt Families!!!

It is time for our American Heart Association's **Kids Heart Challenge™**- **This will take place in Mr. Levines Physical Education Class March 18-22.**

By participating in Kids Heart Challenge, your child can learn about taking care of their hearts and participate in cardio-pumping challenges and be given a chance to raise awareness and make all communities healthier.

**Your family can learn the lifesaving steps to Hands Only CPR by completing Finn's Mission.**

Plus, our school can earn NEW Physical Education equipment! ♥

You can start today to enjoy educational, fun online experiences. Everything can be done easily online with the **Kids Heart Challenge** app, visit [www.heart.org/KHC](http://www.heart.org/KHC) or <http://www2.heart.org/goto/MerrittMemorialElementarySchoolNJ>

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| <b>NATION OF LIFESAVERS!</b> |
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The American Heart Association is excited to extend our work with the NFL to support improving health outcomes at home and beyond through the Hands-Only CPR education.

Students that complete Finn's Mission will earn an entry for two tickets to Super Bowl LIX in 2025.

Your school will be entered to receive a \$10,000 fitness equipment makeover for every 18 completed Finn's Mission.

Create your own Heart Hero Headquarters and complete Finn's Mission! SCAN TO JOIN OUR TEAM



**Spark**

STEM



**Skip**

No Tobacco



**Splash**

Eat Smart



**Star**

Sleep More



**Bolt**

Move More



**Tru**

Be Kind



**Beat**

Learn HO-CPR



**Buster**

Be a Leader

March 18-22