



Note from the Grove Gym...

Did you know that February is American Heart Month! In the gym, we will be focusing on heart health, during the month of February. Students will also have the opportunity to participate in the **Kids Heart Challenge**.

The **Kids Heart Challenge** is sponsored by The American Heart Association. This program is totally online and will give students the opportunity to:

- Learn the Lifesaving Skill OF Hands-Only CPR
- Raise Funds for KIDS WITH SPECIAL HEARTS and Earn Thank You Gifts
- Learn About HEART AND BRAIN Health

Last time Grove participated in this program (May of 2021) our kids earned \$1617 for kids with special hearts. This is a totally optional program for kids to participate in and does not require fundraising to earn prizes and/or gain knowledge. Here is our school's **Kid Heart Challenge [website](#)**, if you would like to check it out. More information to follow.

[Kids Heart Challenge 2024 Legacy of Lifesavers Teaser](#)

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