

JUMP ROPE FOR HEART

Dear Families,

The Clara Barton and Chaffee Schools have been participating in the Jump Rope For **Heart** program run by the American Heart Association for **25** years now.

My father, a fifth grade teacher at the Joslin School in Oxford, passed away from heart disease at the age of forty eight. I have taught the Jump Rope for Heart curriculum, as not only a way to honor him, but to bring awareness to the importance of heart health. The program highlights incorporating a variety of colorful fruits and vegetables with each meal, drinking plenty of water, staying away from drinks that bring added sugar and sodium into our diets, and exercising for sixty minutes a day.

All the jump roping will be taking place in our physical education classes throughout the month of January. There is also a fundraising aspect to the program which is voluntary. If you do decide to participate in the fundraiser, all envelopes or copies of the online donation report should be brought back to school by Friday February 8th.

Thank you for all that you do,

Mrs. Tara Bennett
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