

February 4, 2020

Dear Parent/Guardian,

During the month of February, which is National Heart Health Month, students at Nobleboro Central School will be participating in the American Heart Association *Kids Heart Challenge* during their K-6 Physical Education classes. They will be working on improving individual, partner and long rope jumping skills, as well as putting together jump rope combinations. This program is offered at schools nationwide and helps children learn about the benefits of regular physical activity and heart health, while raising funds to support vital heart and stroke research, as well as educational programs.

Family and friends can support their child's participation by making contributions. Students will be given a collection envelope and there are options to fundraise online if you are interested. **Participation in collecting donations is optional. All checks should be made payable to "The American Heart Association." All funds collected should be turned in to your child's classroom teacher by March 6th.** Our school will qualify for gift certificates for free physical education equipment based on the amount we raise, and students will qualify for individual thank-you gifts based on the donations they collect.

The Kids Heart Challenge is a fun program that helps children understand the importance of community support and physical activity while helping to raise money to save lives. Our efforts truly make a difference! Please feel free to contact me at myork@aos93.org or 563-3437 with any questions.

Sincerely,

Michelle York
Health/Physical Education Teacher
Kids Heart Challenge Coordinator