

Subject: Kids Heart Challenge! Sign Up Today!



We're excited to share that our school is participating in this year's American Heart Association **Kids Heart Challenge**! Together, our students and staff will focus on caring for their hearts and minds, supporting kids with special hearts, and learning the lifesaving skill of Hands-Only CPR.

Here's How You Can Help

1. **Register:** www.heart.org/schools or download the free "AHA Schools" app.



2. **Complete Finn's Mission:** Watch the 2-minute Hands-Only CPR video featuring cardiac arrest survivor, Damar Hamlin, and watch a music video on the warning signs of a stroke (F.A.S.T.).
3. **Share with Family & Friends:** **Send 10!** Send messages via social media, text messages and/or email.

- Students that complete **Finn's Mission** will be entered to win 2 tickets to next year's Super Bowl!
- Our school will be entered to win a \$10,000 gym upgrade if 18 or more students complete Finn's Mission
- If 50 students sign up, our school will receive a new recess pack!
- When you sign up for the Kids Heart Challenge, you'll unlock our **NFL Family Challenge**—an exciting way to get fit and stay healthy by working out with NFL players, cheerleaders, and mascots!