



Our school just kicked off the American Heart Association **Kids Heart Challenge**! Students and staff are excited to care for their hearts and minds, help kids with special hearts and learn lifesaving Hands-Only CPR!

If you haven't joined our Kids Heart Challenge team yet, get started today! We need your help to reach our goal of 100% of families completing Finn's Mission!

Here's a [sneak peek of this year's Kids Heart Challenge](#)! You'll definitely want to check it out!



Here's how you can help:

- **Register:** <http://www2.heart.org/goto/OrchardHillsElementarySchool> or download the free "AHA Schools" app.



- **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.).
- **Share with Family & Friends:** Send messages via social media, text messages and/or email.

Help our class win the classroom challenge by registering and completing Finn's Mission. We can create a community of lifesavers!

Thank you,
Mr. Cala
OHS PE

