



Dear Swallow Union Families -

I hope this letter finds you and your family well. For the month of February we will be taking the American Heart Association's Kids Heart Challenge (*formerly, Jump Rope for Heart*).

This year instead of focusing on jump roping, kindergarten and first graders will be dancing their way through February and second, third and fourth graders will hopefully be snowshoeing for the first time!

Attached you will find the fundraising kick off letter from the American Heart Association and the fundraising envelope. Donations will be accepted from February 1 through 28! It is highly recommended that any donations be collected digitally either via the app or through heart.org. As always, participation in fundraising is completely voluntary and your child will not be excluded from any in class activities should they choose not to participate in fundraising. Our biggest goal is to educate about heart health, the role of the American Heart Association and make it a fun in-class event for everyone involved!

Please take the time to check out Finn's Mission! We are hoping to engage 18 families in Finn's Mission to match the number of medical procedures he has undergone all before the age of 8! In Finn's Mission you have the opportunity to learn hands-only CPR, signs of stroke and engage in activities as a family. It's easy to do through the AHA app made for iPhones and Androids.

If you have any questions or concerns, please do not hesitate to reach out to me via email npelletier@gdrsd.org. Thank you for supporting the American Heart Association and Swallow Union PE!

Sincerely,

Nicole Pelletier
SU Physical Education Teacher
K-12 PE/Health Coordinator