

Dear Regency Families,



We are encouraging students to Jump for Heart for a Loonie!

### Jump Kick-off Assembly Date and Time

April 26, 10:45am

May 20

### School Fundraising Goal

\$350

### FUNdraising Challenge / Reward

**A HEALTHY HEART!!**

**Please encourage your students to fundraise online. There are so many benefits!**

- Saves time and reduces administration for your school
- Safe, secure and environmentally friendly
- Online fundraisers raise more - helping to reach your school fundraising goal sooner
- 2 bonus HeartSmart Points are awarded for online fundraisers

### **\*\*New\*\*! HeartSmart Teachable Moments**

- HeartSmart Teachable Moments are fun, grade-appropriate activities that you can share with your students to teach them about heart health.
- To download our step-by-step Jump Event Planner, visit [www.jumpropeforheart.ca](http://www.jumpropeforheart.ca). The Event Planner contains **guidelines and tips** to help make your event a success!

### **Laura Malone**

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[heartandstroke.ca](http://heartandstroke.ca)

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**SHOW YOUR HEART AND BRAIN SOME LOVE.** Follow our blog to discover the latest research updates, healthy recipes and health news you can trust, at [blog.heartandstroke.ca](http://blog.heartandstroke.ca).

**MANIFESTEZ VOTRE AMOUR POUR VOTRE CŒUR ET VOTRE CERVEAU.** Suivez notre blogue pour obtenir les dernières nouvelles sur la recherche, des recettes saines ainsi que d'autres renseignements sur la santé auxquels vous pouvez vous fier. Rendez-vous à [blogue.fmcoeur.ca](http://blogue.fmcoeur.ca). résoudre cette énigme génétique. **Faites un don dès maintenant.**