Lord Aylmer School

Tuesday, April 16th, 2024

Dear Parents,

Today is the beginning of our Jump Rope for Heart annual fundraiser for the Heart and Stroke Foundation. Students have been learning about heart health in physical education classes, and will be further encouraged to participate in activities that promote healthy habits for the duration of the campaign over the next two weeks. At home, we encourage you to support your child in being conscious of healthy choices, and to help them with their fundraising efforts for the Heart and Stroke Foundation, which does research and educational work to help prevent and treat heart attacks, heart disease and stroke. For more information about the event and heart health tips, please visit the Heart & Stroke Foundation website at jumpropeforheart.ca.

Attached you will find a pledge sheet that your child can use to collect donations for the Heart and Stroke Foundation. We recommend that children ask for donations only from friends and family, and not canvas for funds door-to-door. You can also fundraise online - go to the Lord Aylmer Fundraising Page (https://jumpropeforheart.crowdchange.ca/48373) to make a donation, or click the "Donate" button and search for our school on the Jump Rope for Heart homepage. It's fast, easy and donors get a receipt immediately by email. You may also want to set up a fundraising page for your child by clicking the "Register" link and follow the instructions. Their page will connect automatically to our school's fundraising page and they will be able to easily contact friends and family to help them reach their fundraising goal.

Our fundraising campaign will officially end on our Jump Rope for Heart event day, which will be **Friday, May 3rd**. All students will participate in the final event, regardless of whether they raise funds or not. If you would like to volunteer to help at our event, please fill in the form below. Thank you so much for your support! Jump Rope for Heart benefits us all – your child gets active and learns to be heart healthy, and we all help to support vital heart disease and stroke research and health education – for the future of our children!

Sincerely,

Samantha Halpin Principal	Hannah Patrick Vice-Principal	Eugene Contreras PHE Sr. Campus	Filipe DaSilva PHE Jr. Campus

Adult volunteers will be greatly appreciated! If you're interested and available to help out with our Jump Rope for Heart event and/or to count funds raised, please fill in the information below and return to school as soon as possible. Mr. Contreras or Mr. Da Silva will contact you with further details.

Name _____ Phone/e-mail_____

I would like to help supervise the students at the Jump Event on May 3rd at the:

☐ Senior Campus ☐ Junior Campus

I would like to help count the money raised after May 3rd. ☐

Please note that a valid WQSB police record check is needed for all volunteers.

Samantha Halpin – Directrice/Principal (elle/she/her)
Hannah Patrick –Directrice Adjointe/ Vice Principal (elle/she/her)

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