



Dear Parent/Guardian,

During the month of February, our school is holding its annual Jump Rope For Heart event.

Jump Rope For Heart is a fun event! It encourages community service and is educational. Our students will learn jump-rope skills while raising money to fund lifesaving research and educational programs. See back side of this sheet for easy online fundraising.

Our school also earns gift certificates for physical education equipment.

Family and friends are welcome to support your child's participation by making contributions. However, we ask that children not go door-to-door or ask strangers for donations. Checks should be made payable to the American Heart Association. **PLEASE DO NOT SEND IN CASH.** Participants receive thank-you gifts based on the amount of contributions they collect. Return all donations by Friday, February 28th.

Thank you in advance for your support! If you have any questions, please contact us at (201)261-1180 ext. 172.

E. Choka & L. Maiella  
Physical Education Teachers

***It Takes Heart  
to be a Hero!***

# Participant - Register Online for Jump Rope For Heart!

You get to create a Jump Rope For Heart Web Page and YOU will raise more life-saving donations! To get started, Register today and join your School Team. Here's how...



**Step 1:** Log in to your Headquarters web page by visiting [www.heart.org/jump](http://www.heart.org/jump) and click on the words that say 'Register Now!'



**Step 2:** In the Search For a Team form, enter your school name and state then click Submit to find your school's event.

**Search For a Team**

Find your school team by entering the first 4 letters of your school name and selecting your state.

School Name:

State:

Please scroll down to view search results.

**Step 3:** When you find your team, click the Join Team hyperlink.

School Name	City	State	ZIP	Join
Hood Jr High School	Odessa	TX	79761-3973	<a href="#">Join Team</a>

**Step 4:** Create your own Username and Password and answer a security question. Click Continue.  
**\*\*Be sure your Username and Password are easy to remember. Write them here so you don't forget:**

My Username: \_\_\_\_\_ My Password: \_\_\_\_\_

**Step 5:** Fill out the registration form. On the bottom of the form there is an Online Waiver. Review the waiver with your parents to click the box to accept it. Once you are done, click the Continue button.

**Step 6:** A Share With Your Friends screen will pop up. Enter a message that you would like to share via social media and click on the program/s that you would like to use. Once you are done, click the Publish button. (Click the "X" in the upper right hand corner of the pop up box to skip this step.)  
**\*You'll see a confirmation screen and a button you can click to enter your Headquarters and set up your web page!**

Share with your friends

Please help me help kids with special Hearts!

We need your support!  
 Please support us in our efforts to raise money for the American Heart Association. Donate to support our efforts today!

**Congratulations! You have registered for Jump Rope For Heart online!**

Your next step is to email your family and friends using the email tab in your Headquarters. When you receive your first online donation you will receive Ninja Duck and when you reach \$75 you receive Mr. Cool!

