

Kids Heart Challenge has officially KICKED OFF.....

Hello! We have officially kicked off our Kids Heart Challenge event. Kids Heart Challenge focuses on **HEART-HEALTHY HABITS** while giving students the opportunity to help others in our community by participating in our service learning project. Your student should have an envelope and augmented reality sticker to show you. **PARTICIPATION IS SIMPLE!** All you need to do is help your student **REGISTER ONLINE** and take the **HEART CHALLENGE** by choosing 1 of 3 things: Drink Water over sugary beverages; Exercise for 60 minutes a day; OR Do one Act of Kindness a day.

Last year, 37,000 Minnesota students took a pledge to be **HEART HEALTHY** via the challenge. This year, the American Heart Association is shooting for 50,000 + students to take the **HEART HEALTHY** challenge. **Please help the American Heart Association achieve its goal to have 50,000 or more students to REGISTER online.** When REGISTERED, students will automatically be asked to take the challenge and will have access to many free, fun, healthy virtual games featuring our Whimsical Heart Heroes!

With your efforts, every Registered student will get a free Glow in the Dark Wristband. You can help us reach our online registration goal by clicking the link below OR by downloading the FREE Kids Heart Challenge App. With the app, your child will be able to scan their sticker, tattoo, virtual bracelet and heart heroes that they earn throughout the event. Your student is going to love watching their Heart Heroes "Come to Life"! We truly hope for you to enjoy this virtual experience as much as we have!

Thank you in advance for helping us encourage our students to be **HEART HEALTHY!** See below your School Friendly Online Registration Instructions.....

Go to:

<http://www2.heart.org/goto/jonathanelementary> to Register Online

Prefer to use our fun APP? Download the app and watch your heart heroes come to life and fundraiser ON THE GO. Search Kids Heart Challenge in the android or apple store.

BONUS INCENTIVES:

Register and Take the Pledge: Get a FREE glow in the dark wristband!

Raise \$150 online: Get limited edition Finn Plush Toy

Top Earners: Earn Special Recognition



Donations Due by: January 25th, 2019 Event Date

We thank you for your support!

Katie Brown and John Saindon – Physical Education Specialists