Jump Rope for Heart kicks off next week at Gwandalan Public School!

Jump Rope for Heart is the Heart Foundation's primary school skipping challenge that helps kids move more, have fun and raise funds for lifesaving research and programs.

This year we've got an audacious goal to see our student Heart Heroes at Gwandalan Public School to log 40 hours of skipping throughout the program!

Register your child online, so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started. www.jumprope.org.au/parents

Students will be skipping during break times, PE lessons and brain breaks. During this time you can share their online fundraising page with family and friends to help raise money for this great cause.

We will hold our school Jump Off Day at the end of term, or early next term. This will mark the end of the program and is a chance for everyone to come together to skip and show off their newly learned skills.

Thank you for supporting the Jump Rope for Heart program!

jumprope.org.au
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