

Our school is getting ready to kick-off **KIDS HEART CHALLENGE!** This service-learning program from the American Heart Association (formerly Jump Rope For Heart) teaches your student how to care for their hearts both physically and emotionally and teaches the importance of giving back by raising lifesaving donations to fight the nation's #1 killer, heart disease!

Before we kick off the Kids Heart Challenge at school, we encourage you register with your student to take a challenge to stay healthy this year. The three challenges are:

You can register for the Kids Heart Challenge and take the challenge using this link: <http://www2.heart.org/goto/irvingoakpark>

During the kick-off we will talk with our students about the work the AHA does and challenge students to start living a healthy lifestyle with the help of our friends, the **HEART HEROES!**

Meet the new Heart Heroes and learn their heart healthy messages here: [Kids Heart Challenge - Heart Hero Characters Introduction](#)

ANY student who takes the KIDS HEART CHALLENGE online will earn a **FREE** wristband to wear proudly! Once your student collects a donation (optional) they will start earning their own Heart Heroes and a backpack clip for them to hang on! ALL of our Heart Heroes (and the wristband!) will **COME TO LIFE** and share their heart healthy messages with your student! To bring characters to life you must use the FREE mobile app: **Kids Heart Challenge**

1. Go to: <http://www2.heart.org/goto/irvingoakpark>
2. Click on the Sign Up button
3. Create a username and password and then fill out the registration form to take the challenge
4. Share your personal fundraising link with friends and family right away.

**AND/OR Download the FREE mobile app Kids Heart Challenge and register your student that way**

**Donations are due by Feb. 14<sup>th</sup>.**

**Thank you** for joining us as we challenge each other to keep our heart healthy and raise money for kids with special hearts.