



Math, Science & Technology Community Charter School

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Parents, it's time for your child to show heart! This year, the Kids Heart Challenge, is the next generation of our Jump Rope For Heart program. It's your child's chance to be a Heart Hero by learning about heart health, spreading the word and raising funds to help other children. Have your child go to heart.org/kidsheartchallenge so they can take one of the three challenges and email family and friends to ask for donations. Your child will earn a wristband just for registering online. When they get donations, they will receive Perrie, Nico and Sophie or all of the characters.

Participate through February 29, 2020

Physical Education class

Mrs. Hart/Mr. Sweeney

<http://www2.heart.org/goto/mastcharter>

#kidsheartchallenge

Thank you for supporting the physical and emotional well-being of our students and the American Heart Association. Download the Free Kids Heart Challenge app today to help get your student started.





Get Ready for KIDS HEART CHALLENGE!

Dear Parent or Guardian,

It's time for the **American Heart Association's Kids Heart Challenge™**! By participating in **Kids Heart Challenge**, your child will raise funds to help kids with special hearts and make all communities healthier. They'll also learn about taking care of their hearts and participate in cardio-pumping challenges. Plus, your school can earn money for PE equipment and your child can earn fun thank-you gifts!

Supporting Kids Heart Challenge is easier than ever. You can set up your child's own personal fundraising page, send emails and collect donations through their site. If you do receive checks, you can use the app to scan them and have the amount immediately added to your child's total.

Steps to get started:

- 1 Download our app or visit heart.org/KidsHeartChallenge to register.
- 2 Ask your child to select a personal health challenge: be kind, move more or be ready.
- 3 Set a fundraising goal with your child and send emails to invite friends and family to support it.

Thank you, from the bottom of our hearts!

Donations collected will help kids like Alexa.

ALEXA, AGE 8,
HOUSTON, TEXAS

"If you come in touch with kids who have heart problems, don't be scared at all. And for kids like me, I want them to keep being brave like me and do the things they want to do."

Alexa was born with a hole in her heart. She had heart surgery before she was one year old and another when she was seven. She loves unicorns, rainbows, rock climbing, gymnastics and anything sparkly!



Dollars raised help fund community initiatives, education, research and quality of care – all to fight the No. 1 killer in the world, heart disease.



34% PUBLIC HEALTH EDUCATION
21% RESEARCH
18% PROFESSIONAL EDUCATION AND TRAINING
12% FUNDRAISING
9% COMMUNITY SERVICE
6% MANAGEMENT AND GENERAL

When you raise funds for **KIDS HEART CHALLENGE** your school can receive PE equipment and funding to support student health. Plus, your child will earn the following thank-you gifts.

0 100 200 300 400 500 600 700 800 900 1000

REGISTER ONLINE Get a wristband

RAISE \$5 Get **PERRIE**



\$10 ONLINE Get **KNOX**
plus lower-level prizes

\$15 Get **JUMP ROPE**
plus lower-level prizes



\$25 Get **NICO**
plus lower-level prizes

\$40 ONLINE Get **SOFIE**
plus lower-level prizes



\$50 Get **T-SHIRT**
plus lower-level prizes

\$75 Get **KICK BALL**
plus lower-level prizes



\$100 Get **CRUSH**
plus lower-level prizes

\$200 Get **SUNNY**
plus lower-level prizes



\$250 Get **STRETCH**
plus lower-level prizes

\$500 Get **BALL LAUNCHER**
plus lower-level prizes



\$1,000 Get **EAR PODS**
plus lower-level prizes

Did you know?

HEART DISEASE is the **NO. 1 KILLER** of all Americans, but **80%** of it may be preventable through lifestyle changes.

An estimated **40,000** babies are born each year with congenital heart defects.