



School Announcements

Customize and share these messages during morning announcements with your student body! If your school does not participate in Thank You Gift Cards, remove the related content.

Immediately following the Kick-off Assembly

Day 1:

Are you ready to get your hearts pumping and make a difference? We've got some exciting news to kickstart the day! Our school has officially kicked off Jump Rope for Heart and our fundraising goal is **<insert fundraising goal>!** Every donation, no matter the size, helps us reach our goal to help beat heart disease and stroke.

Ask an adult at home to help you register on the Jump Rope for Heart website. It's a fun way to raise money for a great cause. *If applicable: And you can earn a gift card to some awesome stores! And don't forget to practice your EASY Healthy Habits!

Day 3:

Have you registered online for Jump Rope for Heart yet? If not, go home and register today so you can help us work towards our school's fundraising goal of **<insert fundraising goal>.** *If applicable Not only will fundraising help you earn great thank you gifts, but every dollar you raise will help support new research that will help save lives and support other kids and their families who might be affected by heart disease and stroke. And don't forget to keep practicing your healthy habits!

*If applicable, include an announcement (or two!) about your Spirit Booster. For example:
Let's work hard to reach our school goal before our Jump Event Day! If we reach our goal, we will get to see **<insert teacher/principal name>** do **<insert activity i.e., kiss a frog>!** This is a great way to have fun AND raise money for a really great cause!

A week before Jump Event Day

Day 1:

We are **X** days away from our Jump Event Day on, **<insert date>!** There is still time to fundraise, so be sure to ask your family and friends for a donation. You can ask an adult to help you download and print your very own QR Code that directs friends and family right to your fundraising page when they scan the code on their phone. Every donation helps us reach our fundraising goal and protects more hearts and brains!

And how many days have you practiced your EASY healthy habits? Let's keep the excitement going by getting active and having fun!

Day 3:

Today we have a Jump Rope for Heart Fun fact to share! Did you know that your heart beats around 100,000 times each day? That's almost 70 beats per minute! Keep your heart strong by getting active and doing physical activities such as jumping rope, dancing or wheeling for at least one hour each day. This will help get you ready for our Jump Rope for Heart event on **<insert date>.** Don't forget to keep on fundraising!

1 day before Jump Event Day

Hey everyone, get ready to get your hearts pumping and have some fun because tomorrow is our Jump Event Day!

Here are a few things we want you to remember:

- Please wear RED in support of the Heart & Stroke.
- Make sure to eat well and get a good night's sleep so you have lots of energy for our Jump Day!
- And if you haven't had a chance to fundraise online, please consider bringing in a \$5.00 donation to support heart disease and stroke research!

We can't wait to celebrate with you tomorrow!

On Jump Event Day

Today is our Jump Event Day and it's time to celebrate our success! I hope you are ready to have some fun! Our school has raised **<insert fundraising total>** for Heart & Stroke and you should all be very proud of yourselves! Our event will start at **<insert time>** and will take place in the **<insert location>.** See you all there!

After Jump Event Day

Hey **<insert school name>**, did you know that we raised more than **<\$XX>** through Jump Rope for Heart? Thank you so much for your awesome fundraising efforts and for practicing the EASY healthy habits! You should be very proud of yourselves and know that you are helping save people's lives!

We hope that you had fun and that you continue to get active and practice the EASY habits to help your heart and brain health.

Tip

Consider recognizing top fundraising students using this announcement:

We want to recognize a few of our top fundraisers from our Jump Rope for Heart Event. Special thanks to **<insert student name>** who fundraised an incredible **<insert fundraising amount>.**

