

February 2022

Dear Parents and Guardians,

I am excited to announce that Sherwood SS are participating in Jump Rope for Heart in Term 1 this year – a fantastic fundraising and physical activity program by the Heart Foundation. This year is the 40<sup>th</sup> anniversary for both the Jump Rope program and the Sherwood Arrows.

By participating in Jump Rope for Heart this term, I'm expecting to get our students moving. We'll have ropes available on the school grounds and encouraging everyone to help raise funds for lifesaving research and support programs.

Over the coming weeks your child will learn new skills, increase their physical activity, and learn about heart health. And the program will end with our school wide 'Jump Off Day' on **Wednesday 30 March 2022**, where your child gets to show off their new skipping skills to their friends.

When you register your child online you'll get access to additional skipping resources to help give your child a great reason to get away from the screens and get outdoors. Register and create your own secure webpage at [jumprope.org.au/parents](https://jumprope.org.au/parents)

By signing up online, you and your child can:

- Easily raise funds online
- Track skipping skills progress and earn virtual badges along the way
- Post updates to your page so family and friends can follow their progress
- Access additional skipping resources

Your child will receive a 'fundraising guide' flyer to take home, which includes further information on the program. You can also visit [jumprope.org.au/parents](https://jumprope.org.au/parents) for all the information that you need.

Thank you for getting involved in Jump Rope for Heart!

Yours sincerely,

**David Hass**  
**Jump Rope for Heart Coordinator**  
**Year 6 Teacher**  
**Sherwood Arrows Coach**

