

BURRAWANG PUBLIC SCHOOL

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Dear Parents and Carers,

I am excited to announce that **Burrawang Public School** are participating in Jump Rope for Heart this year – a fantastic physical activity program by the Heart Foundation.

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 awareness 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 the last day of term, Friday 22 September, 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

By signing up online, you and your child can:

- 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 should have a 'fundraising guide' flyer to take home, which includes further information on the program. If you didn't receive this, visit jumprope.org.au/parents for all the information that you need.

Thank you for getting involved in Jump Rope for Heart!

Yours sincerely,

Nathan Vanderwey,
Rel. Principal