Kyle Wilson Elementary School is partnering with the American Heart Association in hosting a Jump Rope For Heart donation drive and celebration. Mark your calendars for an evening of Wellness and Jump Rope Fun on Thursday February 16th (snow date Feb. 23rd).

During P.E. class, students gain an understanding of how exercise can positively affect a healthy lifestyle. Jumping rope is an excellent cardiovascular exercise. Students will be learning both long and short jump rope skills during class. This Jump Rope For Heart event is a time that students can come to the gym at their leisure between 6:30 and 8:30pm to show off their jumping skills. No need to bring any equipment as the P.E. ropes will be available for all to borrow and use.

If your student, friends and family would like to donate to the American Heart Association, please go to www.heart.org/jump. Once you click on the link, simply search for our school and then click the link to Join our Team and create your very own Username and “Heart Hero Headquarters” – Your student can follow the steps inside their new Headquarters page to learn heart healthy lessons and explore fun ways to be a Heart Hero!

Your online donations can earn students the following rewards!
* All donations will be made online only www.heart.org/jump

Thank you,

Stephanie Schaefer
KWES P.E. Teacher
schaefsm@pwcs.edu