

Jump Rope for Heart



Jump Rope for Heart kicks off next term!

During Term 2, Quintilian students will be participating in a fantastic physical activity and fundraising program that has been run by the Heart Foundation for over 35 years. It's a great way for your child to keep fit and learn new skills, but it also helps raise funds for vital heart research and education programs.



Since Jump Rope for Heart started in 1983, schools like ours have raised more than \$75 million for the Heart Foundation's lifesaving work.

It's important you [register your child online](https://jumprope.heartfoundation.org.au/register), so they can receive the full benefits of the program and participate in online fundraising, simply follow the link below to get started.

<https://jumprope.heartfoundation.org.au/register>

Students will be skipping throughout Term 2 in PE lessons. Share their online fundraising page with family and friends to help raise money for this great cause.

We will hold our school Jump Off Day on **Friday 31 May**, this will mark the end of the program and is a chance for everyone to come together to skip and show off their newly learned skills.

Thank you for supporting the Jump Rope for Heart program!

Heart Foundation

Jump Rope for Heart

