



# Manilla Central School

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Dear Parents and Carers,

I am excited to announce that Manilla Central School (Primary) are participating in Jump Rope for Heart this year – a fantastic fundraising and 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 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 Friday 15th 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](http://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 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](http://jumprope.org.au/parents) for all the information that you need.

Thank you for getting involved in Jump Rope for Heart!

Yours sincerely,

  
Amanda Ormiston  
Jump Rope for Heart Coordinator

  
Dale Scott  
AP Wellbeing

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