

April 17th, 2025

To: Parents of children in Grades 1 through 4
From: Mme Paradis and Mme Terri, Physical Education Teacher
Re: **Jump Rope for Heart (Heart & Stroke Foundation)**



Dear Parents,

The Physical Education/Health Education curriculum emphasizes the development of an active, healthy lifestyle. The Jump Rope for Heart program helps students develop pertinent objectives such as understanding the importance of physical activity in maintaining a healthy body and participating in a variety of physical activities to develop skills and fitness.

Leading up to our jump-off event day at the end of May, students are encouraged to raise funds (pledges) and in return they earn a thank you prize for their individual fundraising efforts. If your family would like to participate in the optional fundraising aspect of the jump-off it can be done so online. ***Please note that fundraising is not mandatory.**

Online Registration Instructions:

1. Go to www.jumpropeforheart.ca and select « JOIN YOUR SCHOOL »
2. In the search bar, type: Provencher
3. Set-up your child's fundraising page

We recommend that children collecting pledges do so only from parents, relatives, and close friends. All pledges should be completed by **Friday, May 16th, 2025**.

A note about prizes: If your child qualifies for a prize, then you will receive an email at the address used to register your child 4-6 weeks after their Jump Event. This email will prompt you to visit the portal, enter your redemption code, and select your online gift card from the available options: Indigo, Amazon.ca, Toys "R" Us and Walmart.

Should you have any questions, please send us an email, or call the school.

Happy Jumping!

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Student Thank You Gift Cards

As a heartfelt thank you for your support, you will receive an online gift card* of your choice from one of the following retailers, based on your fundraising achievements: Indigo, Amazon, or Walmart.

*Gifts are non-cumulative. One Thank You Gift Card will be awarded based on total donations collected online. Some participating schools reserve the right to opt-out of individual gift cards for students. Please check with your school to see if they are offering gift cards.

