



Dear Parents and Guardians,

I am excited to announce that St Thomas More School are participating in Jump Rope for Heart this term and term 4 in 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 skipping ropes available on the school grounds and are 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 November 1st 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 www.jumprope.org.au/parents.

By signing up online, you and your child/ren 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 'Parent and Guardian Guide' flyer to take home, which includes further information on the program. If you didn't receive this, visit www.jumprope.org.au/parents for all the information that you need.

Thank you for getting involved in Jump Rope for Heart!

Yours sincerely,

Cristian Morgado
Sports Coordinator/PE Teacher
Jump Rope for Heart Coordinator

