

AAPHERD JRFH Grant application for:

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JRFH has become an integral part of our physical education program and community involvement since I started teaching at Painted Sky E.S., the year the school opened its doors to the public. Every year we invite a local jump rope team to kick off our event with a team performance. Since our school has more than 1100 students, it takes three assemblies to ensure that every child at our school gets to watch these marvelous young jumpers from a local elementary. Our students watch in awe the tricks their peers perform. Our AHA marketing director makes sure to attend the assemblies to talk about the program and benefits gained through participation, and the AHA's effort to fight heart disease and stroke. Additional information is being disseminated through parent newsletters, staff newsletters and morning announcements.

The most amazing part of the program is, that we now have a year long jump rope club going before school. Our students love to come and jump before school to get a little cardio workout in. After the introductory event of the fundraiser, our jump rope sales increase by 500% and more, jump ropes can be seen all over the playground at recess. Some teachers even buy several ropes for their classroom to keep the kids jumping during recess!

Each year we have a different theme to support the Heart Association. One year we "give a helping hand to fight heart" disease, which means we have every student trace his/her hand and write something they will do to fight heart disease on it before the cut out is strung and hung in the hallway. Another theme is "step into a healthy lifestyle". Students will decorate a footprint with information regarding a healthy lifestyle, and then these footprints will be hung out in the hallways. If the "heart" theme is picked, students will have to decorate a cut out heart with ideas promoting heart health. Our JRFH event falls during our spring parent teacher conference time and many students can be found in the hallway trying to find their art work and showing it off to their parents, providing yet another opportunity to get parents involved a heart health talking point.

This year's theme "JUMPING FOR CHANGE", will not only focus on the fundraising aspect of collecting "change", but also on the idea that by contributing to the AHA research projects are supported that can bring change to how heart disease is being treated and possibly cured. "Change" also is addressed as a lifestyle choice, namely to make heart healthy choices through good dietary choices and by participating in a physically active lifestyle. And, a final aspect of the "change" theme is that by jumping rope in the "Zone" physical change, namely getting fitter and change of body composition can be accomplished.

For this year's event we want to seek out community members whose health has been adversely affected by heart disease so we can dedicate the event to them. Two giant hearts will be placed in the gym so students and staff alike can write names of family members to whom they would like to dedicate this year's event or in whose memory they would like to jump. Raising awareness of how rampant heart disease is and how it affects many lives in our community is our ultimate goal.

We will send out the usual pledge envelopes as part of the campaign, but in addition we will sponsor a week of jump-a-thons. Students, staff and any family member will be invited to find sponsors to pay for the number of jumps performed in a three minute jump event held every morning during jump rope club for one week. Attendees can jump once for three minutes or every morning during that week. Scores will be publicly posted on the gym wall. The “change” collected will hopefully lead to more change in people’s personal life and to a great turnout with JRFH.

Sample Budget :

Due to the size of our school, we have three physical education classes running simultaneously. We would like to purchase additional pulse monitors and pedometers so that when two classes of the same grade level are being taught, all students will be able to use equipment and not only students of one class. This equipment will help us achieve NASPE standards 3&4 active lifestyle and physically fit, because our students will gain a deeper knowledge of how heart rate affects performance and how measuring heart rate and counting steps can be used as performance indicators for these standards.

1. 28 Mio Pulse Monitors: \$ 1,000 (show special including shipping and handling)
2. 10 Walk for Life pedometers: W&L Classic: \$200.00 (including shipping and handling)

Sub-total: \$ 1200.00 Equipment