

# The Pulse

American Heart Association  
Learn and Live!

American Heart Association for Health, Physical Education, Recreation and Dance



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websites: [www.aahperd.org/jointprojects.html](http://www.aahperd.org/jointprojects.html)  
[www.americanheart.org](http://www.americanheart.org)

 See The Pulse on-line at [www.aahperd.org/thepulse](http://www.aahperd.org/thepulse)

**The Pulse Newsletter**  
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## Is Your Faculty “Heart Smart”?

By Debbie Reynolds, PE Teacher  
Lexington Creek Elementary  
Fort Bend ISD, Sugarland, Texas



We teach our students about heart disease but what about our school faculty? Do they recognize that heart disease is the #1 killer for men and women and do they know that specific and simple health tips can help prevent heart disease? There is a good chance they do not even relate heart disease to themselves!

Physical Education teachers do a wonderful job teaching and educating their students on how to reduce the risk of heart disease. Students are taught that 10,000 steps a day is the minimum number of steps to maintain a healthy lifestyle. Students also learn how to read nutrition labels and look for “low-fat” foods. As students learn this information in class, they gradually change their eating habits to become healthier and “Heart Smart,” but what about the school faculty?

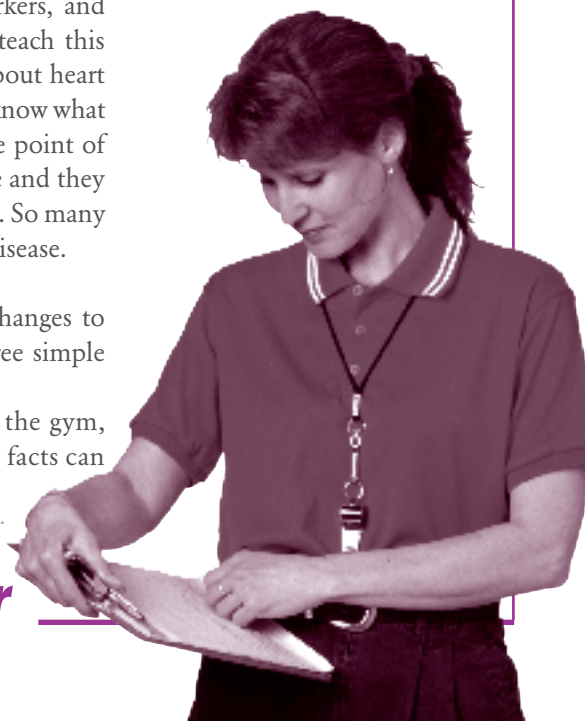
Generally, administrators, classroom teachers, cafeteria workers, and custodians are not part of our classroom setting when we teach this information. We take it for granted that they are educated about heart disease but I have discovered that the faculty does not always know what the latest research data is telling us about heart disease. One point of interest is that the majority of elementary teachers are female and they may not recognize that heart disease is the #1 killer of women. So many times they feel that males are the only ones prone to heart disease.

As Physical Education teachers we can easily make a few changes to inform and educate our whole school on heart disease. Three simple methods for heart disease education are:

- An informative bulletin board in the hall, instead of in the gym, so that everyone can view and read it. The latest research facts can be given.

*Continued on page 2...*

## At the Heart of the Matter



# JUMP ACROSS THE NATION



## Alaska Aurora Elementary Jump Rope Team

Tracy Bennett, Demo Team Coach,  
Anchorage, AK



The Alaska Aurora Elementary Jump Rope Team is coached by Tracy Bennett. This team travels through-out the Anchorage, Alaska community spreading the word about living a heart healthy life. The students are an inspiration to many schools and they help to raise funds for the American Heart Association. They demonstrate jump rope routines to upbeat dance music and involve students from

2nd to 6th grade. The team demonstrates skills in single rope, double dutch, long rope, egg beater and other more difficult tricks, such as jump rope in double dutch. In addition, the team can Hula Hoop while jumping in single rope, jump on a moonball and jump rope at the same time.

**This is a very talented group of students! ♥**

*Is Your Faculty "Heart Smart"? continued from cover page...*

- American Heart Association leaflets including "Heart Smart" diet information can be easily distributed on the lounge table to read at lunch.
- Including our faculty at Jump Rope for Heart and Hoops for Heart events! Encouraging them to wear something red or participating by singing a song, performing a skit, or jumping rope!

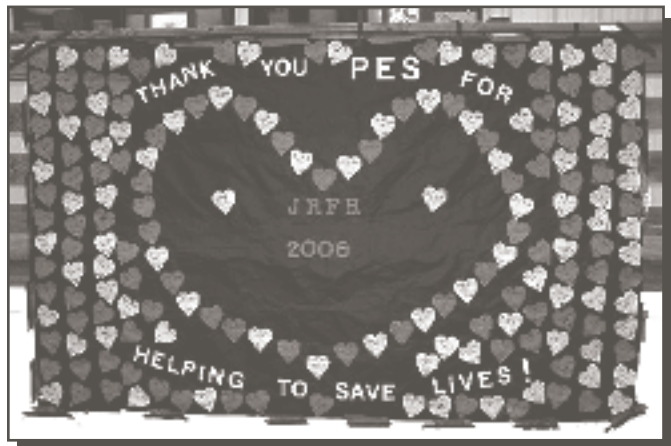
As Physical Educators, we use various teaching styles to get our message across to the students but we need to use those valuable strategies to expand our audience to include the whole school faculty. It may take five minutes to move that bulletin board so everyone can see and read it, but that effort could save a life or may add healthier years to a member of our own faculty. ♥



## I DANCED THE CHICKEN DANCE

*Karin Harvison, PE Teacher, Purvis Elementary School K-4*

**A**t Purvis Elementary School in Purvis, MS, I held my JRFH event in February 2006. We had a school wide goal of \$5000 and if the students met the goal, then I promised them popsicles to eat while watching me dance “The Chicken Dance” in a bunny costume. The year before, we had raised \$4500. I was worried that we wouldn’t reach our goal in February having missed three weeks of school due to hurricane damage. The kids came through big time with very generous hearts. I had around 530 kids receive JRFH envelopes and 180 participated. Those amazing kids raised \$10,566 and blew me away. Needless to say, I had to rent the bunny suit and dance in front of the entire school. It was great fun. We placed the name of each child who participated on a heart to be placed on our “Heart Wall of Thanks.” Some of my top earners got to jump rope for the crowd and then helped me with the dance. ♥



## SURVIVOR STORIES



### Exceeding Expectations

*Kathy Todd, Coordinator of the Johnson Jazz Demonstration Team,  
Shannon Johnson Elementary School, Berea, KY*

I first met Roger Rose as a kindergartener at Shannon Johnson Elementary in the fall of 2000. He was one of the most physically adept kindergarten students I had ever taught. He could already jump rope, and that is not a skill most children his age have acquired yet. I remember thinking I needed to keep my eye on him for the jump rope team the next year.

Roger never got the chance to try out because he suffered a massive stroke in November 2001, his first grade year. It was a long year for all concerned, but by the grace of God Roger returned to school the following year. He had some limitations including paralysis on the left side of his body. He didn't have use of his left arm. We watched Roger grow and progress for 3 years. He exceeded all expectations!

During the fall of his fifth grade year, I watched him closely as he figured out ways to jump rope with his buddies. He could do everything they could do, but hold the rope with both hands. They were able to do partner jumps where he didn't have to use his left arm. He even did all the long rope tricks. They seemed to be having so much fun. I knew in my heart we had to include him on our team. We changed some things in our routine to include Roger. It was a great decision!

My philosophy of who to include on our demonstration team has changed over the years. I really feel it needs to reflect the audiences for whom we perform. Not everyone has been blessed to be perfect. As students who struggle with their weight or have special needs watch our team perform, hopefully they will see they could do it too. It gives them hope.

We felt very privileged to have had Roger join our team. We learned so much about dedication, perseverance, and acceptance through him.

*Roger at the State Capital in Frankfort, KY on American Heart Association Lobby Day.*



## JUMPING FOR JOY

*By: Sr. Deb Bomyea, Grant Recipient,  
Red Cloud Indian School, Pine Ridge, SD*

When I was planning this year's Jump Rope event I had my sights set on the students raising a little more than last year, which was our biggest in the 6 years I had done Jump Rope For Heart here at Red Cloud Indian School, about \$2900.00. We are located in the poorest county in the United States and the largest group that participates are the 1-4th grades. I don't explain all the prizes, etc. to the 1st grade; they are just invited to participate in hope of catching their attention when they are in 2nd grade. In order for 4th graders to participate in the afternoon they need to raise at least \$5.00. The older students, 5-8, are required to raise \$10.00 for an afternoon of missing classes and jumping rope. This year there were about 90 students jumping and about 60 of them raising money and they managed to raise more than the previous year by an amazing amount. This year's collection totaled \$3956.54!!!!!! Totally awesome!!!

I had another reason to be "jumping for joy" this year. I wrote the easiest grant I've ever been involved in, the Jump Rope For Heart Grant, and won it. Totally awesome!!! The grant totaled \$2500.00. \$1200.00 in US Games gift certificate bought Fitness and Basketball Skillastics games, a pedometer program and a few other odds and ends. Then the remaining \$1300.00 paid for my trip to the National Convention in Salt Lake City, Utah. This was a real treat as I have never attended in the past 25 years I've been teaching because of the cost. Though I attend the state convention in whatever state I've been in, VT, IL, WI, and SD and get wonderful ideas there, the opportunity to attend the National Convention was a wonderful opportunity to meet many new folks and experience a much wider variety of sessions.

I am grateful to the Joins Projects for making the grant available for the students here at Red Cloud Indian School on the Pine Ridge Indian Reservation. I know next year they will be "jumping for joy" as they have fun, learn and get fit while using the equipment purchased with the grant monies.

In closing, if you haven't tried to apply for this grant do it!! If you have and haven't won try again!! The most difficult part was keeping it 2 pages long. We all have the passion or we wouldn't be teaching PE and you would not have taken the time to run a Jump Rope or/and Hoops For Heart event, so that's the easy part!!! Then fitting things to the standards well ... piece of cake as we do that all the time in our lesson planning!

## I ENCOURAGE EVERYONE TO APPLY FOR THE GRANT!

*By: Susan Wunder,  
Grant Recipient,  
Shady Spring Elementary  
School, Baltimore, MD*

Last year I was fortunate to receive the AAHPERD JRFH/HFH Grant which enabled me to attend the National Convention in Salt Lake City and provide \$1,200 dollars of equipment for my school. I would encourage everyone to apply for the grant!

As a recipient, I was able to meet other grant winners at the Awards Ceremony and Dinner, as well as collaborate with other professionals in my area. The physical education, health, dance and recreation sessions were informative and provided motivational and innovative ideas for my curriculum. Above all, I met other colleagues in the profession with whom I still communicate through email.

The National Convention will be held in my home town of Baltimore, Maryland in March of 2007. I invite you to attend the National Convention as well as stop by the Maryland booth to say hello. We are planning a "Maryland Night" during the Convention, so plan on joining us for a fun night! Please feel free to contact me at [swunder@bcps.org](mailto:swunder@bcps.org).

**So what's stopping you! GO FOR IT!!!**

# 2005-2006 National JRFH and HFH Award Winners

## ROOKIE OF THE YEAR

### Rookie of the Year Awards — JRFH

Copper Ridge Elementary – Scottsdale, AZ

\$26,444.00

### Rookie of the Year Awards — HFH

Hickory Middle School – Chesapeake, VA

\$13,845.00

## HIGHEST PER CAPITA AWARDS – Based on Enrollment and Gross Dollars Raised

### Jump Enrollment of 250-500

Pleasant Ridge Elementary – Glenview, IL

\$59,037.39 – Enrollment 370

### Hoops Enrollment of 351-700

Glenmont Elementary School – Glenmont, NY

\$29,196.63 – Enrollment 483

### Jump Enrollment of Less Than 250

Bernard Zell Anshe Emet Day School – Chicago, IL

\$29,398.94 – Enrollment 200

### Hoops Enrollment of Less Than 350

St Phillips Episcopal School – Uvalde, TX

\$7,533.00 – Enrollment 119

## OPEN DOOR AWARD

*Recognizes a JRFH or HFH volunteer that has helped bring other peers into the program by 'opening doors'.*

### Christine Horn

Memorial Elementary School – Upton, MA

Christine Horn, PE Teacher, is from a locked-out district. She went to her superintendent and principal and championed the benefits of Jump Rope For Heart and an event was allowed to go forward. Since that first Jump Rope For Heart, Christine has recruited every school in her district to do either Jump Rope or Hoops For Heart. Christine Horn is responsible for raising \$105,000 dollars for AHA in only three years.

enthusiasm has not only touched the Abilene area, she is a "pioneer" in implementing this program and making an impact on the whole state of Texas.

## PRINCIPAL OF THE YEAR

*Recognizes an outstanding School Principal that has helped grow the JRFH or HFH programs.*

### James Wake

Union Local Elementary – Belmont, OH

The Union Local Elementary coordinator became ill about 2 months before their event in mid March. Mr. Wake, the principal, knew what it meant to the kids at his school and to the teachers and he jumped in with an open mind and helped them to have a very successful event. He wanted to do the absolute best they could to fight heart disease and stroke. They raised an increase of \$1,729.48 over the prior year.

## HEART HEALTHY SCHOOL AWARD

*Recognizes a JRFH or HFH school that has been instrumental with implementing AHA school related programs within the school.*

### Deborah Brinkley

Maiden Elementary School – Maiden, NC

Deborah goes a step above and beyond. She is dedicated to the life long health of her students and is working to instill healthy habits that will take them well into their adult life! She gets BMI's for each of her students, K-5, and meets with them individually to discuss their score. She implemented a Mile Run Challenge, a 7 Minute Mile Club, and a Walking Club to keep students motivated for improvement. Deborah worked with her administration for many years to get Jump Rope for Heart started in her school. Now her school raises nearly \$7,000.

## ADMINISTRATOR OF THE YEAR

*Recognizes an outstanding Superintendent and/or Instructor of PE that has been instrumental with growing the JRFH and HFH programs.*

### Sandy Williams – Rome, NY

Sandy was a coordinator for JRFH as a PE teacher, and is now the Athletic Director of her district. She is a board member of the Central North Zone NYSAPERD and recognizes the importance of the Jump and Hoops programs and the educational lessons it imparts on participating students. Because of her positive feedback and excitement for the program, her colleagues have begun to become excited, as well.

## FAYE BILES EDUCATIONAL AWARD

*Recognizes a JRFH or HFH coordinator that has been instrumental with implementing AHA school related programs within their school.*

### Barbara Moffett

College Heights Elementary – Abilene, TX

Barbara Moffett has been doing Jump Rope for Heart for 27 years. To give all her students an opportunity to raise funds on-line she and her computer teacher created a DVD called Jump Rope for Heart Gone Tecno. This coordinator and her

## JRFH COORDINATOR OF THE YEAR

### Donna Williams

Fort Dorchester Elementary – Summerville, SC

## HFH COORDINATOR OF THE YEAR

### Robert Mayer

Brookdale Elementary School &

Demarest Elementary School – Bloomfield, NJ

## TOP 10 JUMP ROPE FOR HEART SCHOOLS 2005-2006

## TOP 10 HOOPS FOR HEART SCHOOLS 2005-2006

|  |          |    |                                       |           |    |
|--|----------|----|---------------------------------------|-----------|----|
| 1. French Road Elementary School       | \$85,202 | NY | 1. North Attleboro Middle School      | \$102,754 | MA |
| 2. Kamehameha Elementary School        | \$60,674 | HI | 2. Bel Air Middle School              | \$35,037  | MD |
| 3. Pleasant Ridge Elementary School    | \$59,037 | IL | 3. Glenmont Elementary School         | \$29,197  | NY |
| 4. Greater Atlanta Christian School    | \$54,814 | GA | 4. Moorestown Upper Elementary School | \$27,708  | NJ |
| 5. Commonwealth Elementary School      | \$54,395 | TX | 5. Jay M. Robinson Middle School      | \$22,897  | NC |
| 6. New Hope/Solebury Elementary School | \$51,914 | PA | 6. Barrington Middle School-Prairie   | \$20,951  | IL |
| 7. Mason Heights Elementary School     | \$45,762 | OH | 7. Crone Middle School                | \$20,088  | IL |
| 8. Prospect Mill Elementary School     | \$44,438 | MD | 8. Heritage Lakes Elementary School   | \$19,206  | IL |
| 9. Youth's Benefit Elementary School   | \$43,791 | MD | 9. Spring Branch Middle School        | \$18,694  | TX |
| 10. May Chesak Elementary School       | \$41,742 | IL | 10. Newnan Crossing Elementary        | \$18,594  | GA |

# HOOPSTERS MAY HELP THEMSELVES

North Attleboro Middle school students who have again become pacesetters for heart disease funding may, in some cases, end up helping kids their own age.

A University of Washington professor of nutrition has just estimated that some 2.8 million teens in this country are joining the ranks of what used to be an adult disease – Type 2 Diabetes. Still another 39,000 may already have the disease, which can lead to a host of serious disabling problems, including limb amputation, kidney failure, blindness and heart disease. Prime culprits for this illness are poor nutrition, obesity and too little exercise.

“What we’re seeing is a reduction in physical activity and an increase in the prevalence of overweight kids,” Glen Duncan the University of Washington assistant professor of nutrition who conducted the study has been quoted. “These things go hand in hand with diabetes, so this (the findings) is no surprise to me at all.”

For the fifth consecutive year, North Attleboro Middle school was the nation’s No. 1 Hoops for Hearts fundraiser for the American Heart Association and, as a result, will

have a research grant named after it. Perhaps that research will help get young people to understand that what they do today has an impact later on, maybe even next year.

Type 2 Diabetes used to be something kids’ parents developed after age 40 or so. Now the illness is taking new prisoners through a complex web of lifestyle behaviors. In a study reported by United Press International, it is shown that television advertising, for instance, has a direct impact on food choices among teens. “We’ve known for a long time that television viewing is a risk factor for being overweight, though the common perception is that this is due to the fact that it’s a sedentary use of time,” said lead author Jean Wiecha, a senior research scientist at Harvard School of public Health. “This study provides evidence that television is effective in getting kids to eat the foods that are advertised, and this drives up their total calorie intake.”

Type 2 Diabetes can lead to heart disease and damage to nerves, eyes, and extremities, including the feet. And there’s no cure, just treatment that may or may not be effective.

Who wants that? Certainly not young people whose running and jumping, spirit and energy just helped to raise \$102,000+ for the heart health research through basketball games. The school has raised a total exceeding \$376,000 for the American Heart Association over the past eight years. **Congratulations to the hoopsters from North Attleboro!**

*Editorial - Attleboro Sun Chronicle  
May 17th, 2006*



# AAHPERD CONVENTION

Baltimore, MD • March 13-17

JRFH/HFH OFFERS CONVENTION SESSIONS AND EVENTS TO ENERGIZE CURRENT AND FUTURE EVENT COORDINATORS.

## SESSIONS:

### SHOW YOUR STUFF

Learn how to have your students display their jump rope skills to classmates, teachers, and parents through a high-energy, entertaining, and educational Jump Rope For Heart show.

### VIABLE, VISIBLE HEART WORK...RESEARCH AND PASSION ARE THE KEY

Hear a young survivor's story and feel the passion through her words. Rekindle your passion and understand how to use resources provided by AHA and AAHPERD.

### KEEPING JRFH/HFH FRESH AND NEW

How do schools run successful JRFH and HFH events year after year? Learn their secrets, feel their passion, and ask questions to a panel of JRFH/HFH event coordinators featuring the top schools, North Attleboro Middle School, and French Road Elementary School.

### JUMP ROPE FROM A TO Z

This program will provide ideas, aligned with national standards and with adaptations for students with disabilities, which will motivate students to get excited about mastering jump rope skills, and rhythmic jump rope activities.

## EVENTS:

### FREE THROW AND JUMP ROPE CONTEST

Wednesday, March 14th, 2:00 - 4:00

Test your skills and win prizes! Join us on opening day of the exhibits in the demo area.

For more convention information visit: [www.aahperd.org/convention](http://www.aahperd.org/convention)

## NEW JRFH/HFH BLOG!

Suggestions, Stories, and Ideas for JRFH/HFH Success

This blog site creates opportunities to exchange ideas, share timely news, record events, update events, or show pictures of your events. Log onto the AAHPERD Joint Projects websites [www.aahperd.org/jump](http://www.aahperd.org/jump) or [www.aahperd.org/hoops](http://www.aahperd.org/hoops) to share your thoughts and learn from your colleagues today! ♥



## KATRINA RELIEF – “JUMP INTO ACTION”

The “Jump Into Action” Katrina Relief Program was developed in response to the strong interest from event coordinators, state AHPERD coordinators and AHA staff.

This program, implemented by AAHPERD

and AHA, created an opportunity for schools to

donate their in-kind gifts they received from participating

in JRFH/HFH events to help replace lost PE equipment to schools devastated by Hurricane Katrina. Thanks to the efforts of our generous

schools, coordinators, and students, 4,450 items, \$3,000 in US Games gift certificates, and \$9,000 from State AHPERD's were donated. Thank

you all for stepping up, seeing a need, and filling it! ♥

