

The Pulse

BIOMEDICAL RESEARCH • NUTRITION • PHYSICAL EDUCATION • RECREATION • HEALTH AND FITNESS

June 2007



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websites:
www.aahperd.org/jointprojects
www.americanheart.org

 See The Pulse online at
www.aahperd.org/thepulse

Central District Workshop Highlights

By: Caroline Taylor – AAHPERD Joint Projects Program Administrator

State and District Coordinators, Presidents and Executive Directors from AAHPERD's Central District attended the 2nd Annual JRFH/HFH Workshop on April 26th in Olathe, Kansas. The workshop was held just prior to the Central District Convention held at the Sheraton Hotel in Overland Park, Kansas. Sixteen workshop participants, 3 AHA staffers, one AAHPERD staff, and workshop mastermind Julie Webb (Central District JRFH/HFH Coordinator) convened at the Olathe Schools Educational Resource Center for a full day of workshop activities.

presented on how the participants each played an integral role in the success of JRFH/HFH within each state. Topics covered included: communication, promotion, incentives, education, awareness and income. All of the presentations were discussion based and questions and comments were welcomed by each presenter.

The day started with a lovely breakfast of fresh fruit, pastries, bagels, juice and coffee while participants mingled and shared ideas on specific topics posted around the room. Once programming got underway, Angie Galindo, Regional VP for AHA's Heartland Affiliate, gave a presentation on AHA, their history, projects, and accomplishments. The second presentation, given by Caroline Taylor, AAHPERD Joint Projects Program Administrator, covered AAHPERD's mission, accomplishments, organizations and the Joint Projects. Deepa Karani, AHA Youth Market Consultant, then spoke on the Joint Projects. She covered projections for the 2006-2007 school year including: gross dollars raised, number of schools recruited, number of students participating, and the fantastic success of the online fundraising promotion. Deepa and Caroline then

As the morning wound down, AAHPERD CEO Mike Davis joined the group to chat with participants and answer any questions that were thrown his way. Lunch offerings were authentic Kansas City style barbecue, coleslaw, baked beans, rolls and a selection of delectable desserts.

AHA staffers Angie Galindo and Melanie Rummel kicked off the afternoon session with group brainstorming and idea sharing on specific JRFH/HFH topics. Small groups discussed the topic at hand and posted ideas for all participants to see. Each group then presented their ideas to the rest of the participants.

The workshop was a huge success and everyone had a great time! Workshop coordinator, Julie Webb, had loads of prizes and giveaways and thoughtfully ordered a custom messenger bag for each participant. Attendees were also given goodie bags chock full of JRFH and HFH promotional items from Jim Herauf and the nice people at MOAHPERD. ♥

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American Alliance for
 Health, Physical Education,
 Recreation and Dance



American Heart
 Association
 Learn and Live™

At the Heart of the Matter

New Program Administrator for Jump Rope For Heart and Hoops For Heart

Caroline Taylor recently took over as the Joint Projects Program Administrator at the AAHPERD National Headquarters in Reston, Virginia. Caroline is a Certified Athletic Trainer, and was the Head Athletic Trainer at Gallaudet University in Washington, D.C. prior to coming to AAHPERD. Caroline has a B.S. in Exercise Science from Fairmont State University and an M.S. in Athletic Training from Shenandoah University.

Working with high school and college students in the athletics setting, Caroline has a sincere appreciation for the vital role that physical activity plays in a healthy lifestyle. Additionally, she strongly believes in teaching children from a very early age the importance of giving back to the community. "Jump Rope For Heart and Hoops For Heart is a program that is uniquely partnered to promote health and physical activity while allowing children to give back to the community and have fun doing it," Caroline states.

Caroline is very excited to be on board with AAHPERD, and is delighted to have the opportunity to contribute to the continued success of the Joint Projects. She looks forward to working with Jump and Hoops coordinators from around the country to continue the long and prosperous history that the Jump and Hoops program already has.

If you would like to contact Caroline regarding Joint Projects, she can be reached at:

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April 17, 2007

Bel Air Middle School Grant Winner

Submitted by: Matt Roseland, Bel Air Middle School, Maryland

First of all, THANK YOU for selecting us as one of the 15 JRFH/HFH grant recipients. The grant allowed the opportunity for the Bel Air Middle School Physical Education Department to attend the AAHPERD convention in Baltimore as well as purchase pedometers and heart watches for BAMS students to take ownership of their fitness level during physical education classes.

As a young professional and after attending sessions, I am still awed by the idea of how simple ideas help students move and work on their fitness and skill levels in an organized, FUN manner throughout a physical education class.

- For instance, I learned a great way to integrate lifetime bowling skills with fitness. Students need partners for this activity and while one person is working at 1 of 10 fitness stations set up in on the perimeter, their partner is trying to meet challenges involving bowling skills in the middle. Once the student reaches the bowling goal in the middle, partners switch areas.
- During another session, I observed creative methods that were implemented for basketball skills. Students keep actively participating in clothes pin tag while working on dribbling skills. While students are stationary or moving, scarf activities are being performed with one hand while the other hand is attempting to dribble with specific objectives. Students shoot a basketball to a partner first, not a basket.
- Participating in the Physical Best Activities session, I learned how to continually check for student understanding of the health related fitness components through fun, easy, motivating activities such as Dash for Cash, Quick Draw, and Aerobic Volleyball.

Listening to Greg Dale from Duke University speak, I was inspired to grow professionally as a coach. Key concepts from this session included: 1) To get the most out of players, give kids a sense of ownership, 2) Begin with the end in mind, and 3) You cannot lead without eager followers. ♥

Another highlight of the convention was observing Mr. Brian Rath receiving the Ruth Abernathy Presidential Undergraduate Scholarship Award. Brian and I are both alumni from Wantagh High School, Long Island. We played together on the school's state championship team so it was not surprising to see him being successful as a young physical educator. What a great time to reconnect and share experiences about our careers!

Finally, at the Recognition ceremony and dinner, I was able to network with other JRFH/HFH coordinators about creative and motivating ideas for this program.

Historically Baltimore

Submitted by: Dan Zachofsky, Horizon Elementary, Sunrise, Florida

As a Jump Rope For Heart Grant recipient participating in the events at the 2007 Baltimore National Convention, I found Baltimore to be the Charm City. As a grant recipient, I was provided funds to pay my expenses including air and hotel, and in addition, my school, Horizon Elementary in Ft. Lauderdale Florida received \$1,200 for new innovative physical education equipment that will challenge my students to improve their movement and skills.

Orioles ballpark, you look for 60 painted baseballs on the sidewalk of the streets that brings you to 216 Emory Street, the birthplace of Babe Ruth.

I am honored to be a Jump Rope For Heart Grant Recipient and encourage others to get involved in this unique opportunity through the AAHPERD Joint Projects Program. Leaving the B & O Railway station and will see you next year in Fort Worth, Texas. Be well and keep working out!♥

Jump Rope for Heart Grant

Submitted by: Barb Sheffield, Whitewater Middle School, Whitewater, Wisconsin

Whitewater Middle School would like to thank Ashleigh Beach and the Joint Projects Committee for awarding us a Jump Rope For Heart Grant!

I was so excited when I learned we had been chosen to receive a JRFH Grant. JRFH has been part of our lives at Whitewater Middle School for the past 27 years!

Attending the AAHPERD Convention in Baltimore was great. Conventions are an excellent way to "rejuvenate". I have been teaching for 33 years, and I still get excited to learn new things. I attended many sessions on middle school physical education and health. I especially enjoy the Teachers of the Year presentations. I brought back many new ideas to share with my colleagues. They do tend to get a little nervous when they hear I'm attending a conference...

Convention is also a great time to re-connect with old friends. This year was especially fun. I joined three great friends from Wisconsin. The three of us had served on our Wisconsin Jump Rope For Heart Taskforce for 20 years together. It was great talking about the "good old days" and how Jump Rope For Heart has brought us together as life-long friends.

We, at Whitewater Middle School, have decided to use our JRFH Grant toward the purchase of Dance Dance Revolution. I attended a session on DDR and learned how easily it could be incorporated in our 6-8th grade curriculum. We also felt we could incorporate the use of DDR in our Wellness Plan for our school by making DDR available before school, during lunch and after school. Our Principal approved an additional \$1200 from our school's resource funds to enable the purchase.♥



The daily sessions were motivating and especially some of the titles of the sessions - Movement, Monkeys and Friendship: Adaptations that Create Success. Participating in the sessions, networking with professionals and sharing ideas about what we teach, is what this convention provided.

Riding on the B & O Railway to the Camden Yards station, I toured Camden Yards, the home of the Baltimore Orioles and the Sports Legend Museum. From the



SURVIVOR STORIES

Alyse Cannon's Story

By: Donna Cannon

*Submitted by: Deborah Shook, Youth Market Director,
American Heart Association, Mid-Atlantic Affiliate*



Alyse is now 14 years old and is in her freshman year of high school. Fourteen years ago, we weren't sure if she would make it to high school or not. Alyse was born with a rare heart defect called Epstein's Anomaly of the Tricuspid Valve and she also had two holes in her heart (ASD & VSD). She was the first patient at Sanger clinic in Charlotte, NC to have this particular combination of defects. She had her first surgery at 11 months old to close the two holes in her heart. Two days later they did emergency surgery to take out her tricuspid valve and put in a St. Jude's mechanical valve. Alyse is the only child at her age to live through this surgery performed by Dr. Mark Steigle. Fourteen days after surgery they decided that she needed an internal pacemaker because the bottom of her heart was not beating in sync with the top part of her heart. Alyse spent a month at Carolina's Medical Center. Alyse had several

complications within that year and a year after her first surgery she had yet another surgery to replace the mechanical valve with a porcine pig valve. Alyse did very well after that surgery and made it all the way to second grade before her next stay in the hospital. In the second grade, the wires to Alyse's pacemaker fractured and had to be replaced. In the 8th grade, Alyse had to have her pacemaker replaced yet again when the battery ran low.

To look at Alyse, no one would ever know that she has gone through so much. Alyse has taken dance for 9 years and has enjoyed competing for the past 4 years. She is very active. Alyse is able to do just about anything she wants to. She has participated in Hoops For Heart at Kings Mountain Middle School. Hoops For Heart has always been special to us because of Alyse. A friend of the family, who is a doctor, told us that if Alyse had been born just five years earlier, the doctors would have only been able to make her comfortable. It is because of the American Heart Association's research and training that Alyse is able to live an active and productive life. Without her heart valve, her pacemaker and the trained doctors and nurses, Alyse would not be here today. Alyse has almost died three times from various complications, but through today's medical technology and God, she is here with us and God



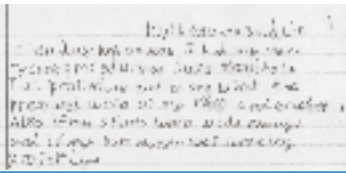
Dana Baldwin's Story

By: Anita and David Baldwin

*Submitted by: Deborah Shook,
Youth Market Director,
American Heart Association,
Mid-Atlantic Affiliate*

Dana Baldwin, a third grader at North Buncombe Elementary School, was born on Oct. 3, 1997. Like most other newborns, she was full term and of good birth weight. Right away, the nurses noticed the blue tint in Dana's lips and fingertips. Dana was born with a congenital heart defect.

Dr. Tripp, Dana's cardiologist, explained that Dana only had three chambers in her heart and that we had two choices: enjoy Dana and watch her die within the week or take a chance with a new procedure called the Fontaine Procedure. We had to give Dana every chance we could. That night around midnight, Dana was flown by helicopter to Duke Hospital. When Dana was two days old, she went through the first of three surgeries that make up the Fontaine Procedure. She came home ten days after her birth.



The second part of the Fontaine Procedure was done when Dana was three months old. Dana had complications when they tried to take her off the heart and lung machine, it didn't work. A vascular surgeon observing the surgery suggested trying some experimental stints. The stints worked, but Dana had to stay in the hospital quite a while to recover.

Dana had regular check-ups and cauterizations to see that things were as they should be. She also had hand surgery to allow her more use of her hand as it did not develop normally due to the lack of oxygen before she was born. Dana's third open-heart surgery was done when she was three years old. The surgery went well and she came home in two weeks.

In 2003, when Dana was five years old, she had a microscopic procedure done to close off a valve. Two years later, Dana had a pacemaker put in.

We love Dana very much and are very glad we have her in our lives. If Dana had been born a few years earlier, there would have been little the doctors could have done to save her. Research and education have produced advances that made Dana's treatments possible. The American Heart Association makes this research and education possible and the good news is that these advances keep coming and could help someone you love have a better, stronger life.

Thank you American Heart Association!♥

Family's Tragedy Brings Awareness to Fundraiser

By: Alana Listoe, Youth and Education Reporter, Helena Independent Record

Submitted by: Janet Erickson, Physical Education Teacher, Helena Middle School, Helena, MT

Patrick Kelly was a healthy, active teenager with a great sense of humor. He played basketball and golf. He loved to wakeboard and snowboard. His family describes him as having "a rare ability to draw others to him, to make them feel comfortable in his presence." Patrick would have been a freshman at Capital High School, but an undiagnosed congenital heart condition took his life on July 8, 2006.

Janet Erickson, physical education teacher at Helena Middle School, heard the news and immediately thought to herself, what can I do? Erickson spearheads the annual Jump Rope For Heart and Hoops For Heart events, and dedicated the effort this year to Patrick.

Erickson contacted the Kelly's and suggested her plan to hold the event in Patrick's honor. The family agreed. "In light of tragedy – if anything good can come of it, we are all for it," Tim Kelly said. This year students raised approximately \$10,000 according to Erickson.

"When we held our event at Helena Middle School many of the students did not know Patrick, but we're all so concerned and compassionate about wanting to help," she said. Bailey Murphy, a sixth grader, was one of the youngsters touched by the story. Murphy, with the help of his father and grandfather, designed and crafted a plaque dedicated to Patrick which he presented to the Kelly family at Helena Middle School.

In addition to this year's fundraising effort, a new \$500 annual scholarship has been created in Patrick's honor by Payne Financial Group Inc., where

Sarah Kelly works. The scholarship will be given to a Montana school participating in Jump Rope For Heart or Hoops For Heart by drawing the name from a hat. The scholarship money will be used for the chosen school to purchase new equipment for health and/or physical education programs. The award is called the Patrick Kelly Spirit in Action Award. In addition, a video is being developed at Capital High School that will be used statewide as an education tool on heart disease with Patrick as the star, featuring a song he wrote just before he died.

On the day he died, Patrick participated in a pole-vaulting exhibition and then left for a day of boating and wakeboarding with friends. Tim and Sarah were told Patrick felt dizzy and soon became unconscious. The family friends administered CPR until emergency personnel responded, who continued CPR, but Patrick could not be revived. Doctors stated that Patrick's aorta gave way and it was likely that he died instantly. There were no signs that Patrick had a heart problem. "There was no reason for us to suspect," Tim said.

Helena Middle School has participated in fundraising efforts for AHA for nearly 30 years and raised more than \$67,600 in the past seven years. The funds are used for research, public health education, professional education, community service, fundraising and management.

Erickson would like to extend an invitation to any school or class to get on board and help Helena Middle School honor Patrick Kelly's life.♥



JUMP ACROSS THE NATION



Hi, My Name is Annie!

Submitted by: Bonnie Ferneau, Joint Projects Committee Member and Cindy Hess, Physical Education Teacher, Lititz, PA

Annie, a 3rd grader at John Beck Elementary School in the Warwick School District in Lancaster, PA attended the National AAHPERD Convention in Baltimore, MD along with her mother, Cindy. Cindy, a physical education teacher at Highland Elementary School in the Ephrata school district, is also a coach for a jump rope team. Annie, who participated in Jump Rope for Heart knows the importance of eating nutritious food, exercising everyday and staying away from tobacco. Annie asked for help in fighting the number one and three killers, heart disease and stroke, by raising money for Jump Rope For Heart in the exhibition hall at the convention center. Annie raised \$214 in the search for a cure for heart disease and stroke. Congratulations Annie!♥

Upper Adams Elementary Students Jumped & Hooped For Heart

By: Deborah Yargar-Reed, Physical Education Instructor, Biglerville Elementary School, Upper Adams School District



The students of Arendtsville, Bendersville and Biglerville Elementary Schools jumped and shot at the chance to fight heart disease.

During the week of February 2-9, the students in grades K-1-2-3 jump roped and students in grades 4-5-6 hooped for heart (basketball activities) during their physical education classes when the school district

held its 10th American Heart Association event.

With the combined efforts of the three Elementary Schools and the 192 students that participated in the events the students raised \$11,439.96 which will benefit the American Heart Association. Students could also win exciting thank you gifts depending upon the amount of donations collected. Amounts raised were:

“Heart” Warming Stories from Fort Dorchester Elementary School

By: Donna Williams, Physical Education Teacher, Fort Dorchester Elementary School, Summerville, SC

Last year was an exciting year for Fort Dorchester Elementary School. Fort Dorchester was the number one school in South Carolina for the second year in a row, number three in the mid-Atlantic and number 12 in the nation for donations collected for the American Heart Association. Last year they collected \$38,576 for the AHA and this year their goal was \$40,000. Presently, Fort Dorchester’s total is \$48,300! Fort Dorchester Elementary School is successful with the Jump Rope For Heart program because of their hard working students. Here are just a few examples of why their program is so successful...

One warm, sunny Saturday in January 2007, three 4th grade girls from Fort Dorchester Elementary School decided to set up a lemonade stand in their neighborhood. They spent the whole day selling lemonade and their hard work showed a \$40.00 profit. It did not take them long to decide that they would put the money they earned to good use by donating it all to the American Heart Association through their school’s Jump Rope For Heart program. They made the decision to donate the money as a way to help others who have been affected by heart disease and stroke. They had not planned on raising money for the purpose of donating to the AHA but the lessons learned in their physical education class about stroke, heart disease, high blood pressure, high cholesterol and smoking were on their minds and this led them to make their decision to donate their profits.

Not only did three young ladies become entrepreneurs for a day, but so did a young 2nd grader. On a cool February Saturday, he set up a hot chocolate stand and the \$7.00 he raised selling hot chocolate went entirely to the American Heart Association.

Birthdays are certainly a cause for celebration and there is reason to celebrate three birthdays at Fort Dorchester. Three students donated the money they received for their birthdays to the American Heart Association. One young man anxiously awaited for months the kickoff for the school’s Jump Rope For Heart event so he could personally donate his \$100 bill to his physical education teachers.

Fort Dorchester Elementary School has been extremely successful with their Jump Rope For Heart programs and these young students and many, many others like them are the reason why. These “Glory Gators” are learning valuable lessons about heart healthy living, but equally as important, they are learning some wonderful life long lessons about hard work and giving unselfishly to others. ♥

Upper Adams Elementary Students continued...

Bendersville Elementary students - \$4,018.15

Arendtsville Elementary students - \$3,692.40

Biglerville Elementary students - \$3,729.41

Jump Rope For Heart & Hoops For Heart are co-sponsored by the American Alliance of Health, Physical Education, Recreation and Dance and the American Heart Association. Both of these events teach participants about the benefits of regular exercise and a healthy lifestyle, while promoting teamwork and building school spirit. Our banners from each year’s events hang proudly in our gymnasium. The students look forward to this event each year to help promote school spirit and community service.

We also have each student participant sign a heart and place on a poster which hangs in the gymnasium throughout the month of February

The PE department encourages healthy choices in snacking with the students as well as exercise. A nutritional snack for the students to enjoy during the American Heart Association event is apple juice which has been donated from Mott’s Inc. a local fruit processor located in Aspers, PA.

Coordinators for the event are Deborah Yargar-Reed & Jane Little, Elementary Physical Education Instructors, Upper Adams School District. ♥

JUMP ROPE FOR HEART: *Easy Ideas to Make Your Event a Success*

By: Michele Whittingham, Colorado JRFH/HFH State Coordinator

Jump Rope For Heart (JRFH) has been a big success at my school. I have been organizing and running Jump events at Cherokee Trail Elementary for 8 years now. Each year our school has raised between \$10,000 and \$15,000 in donations for the American Heart Association: earning our school a spot among the top fundraisers in the state of Colorado. My success is due to many aspects including having a supportive staff and principal, having parents and community members that are committed to the fundraiser, and students that are excited about fundraising for such an important cause.

THE BASICS OF MY EVENTS:

- I run my event during the school day. I have 2 classes of students per class period (about 45 students). The students from either music or art come to the gym for their special time. I then use the art or music teacher as a volunteer for the day.
- I have 2 events (4 track school) so that all students get to participate.
- All of my students participate in Jump regardless if they brought in donations or not.

Below are some ideas that I have used to get the students at my school excited about Jump Rope For Heart.

ONE MONTH BEFORE YOUR EVENT:

1. Hand out donation envelopes at least one month in advance from your event. This will give students time to ask out of town relatives and friends for donations.
2. Call your local American Heart Association branch and reserve a health fair display. The display is free for you to borrow. It contains items such as “Tubes of Fat” that shows the fat content in certain foods. It also has displays and models that depict what a person’s mouth and lungs would look like if they used/smoked tobacco. The students really get into this on the day of your Jump.
3. Contact a local hospital or doctors office to borrow stethoscopes for your event. The students can listen to their heartbeat after they jump. Be sure to buy alcohol pads to clean the stethoscopes after each class.
4. Have an assembly for your school to watch the video “Jump On” about how to collect online donations.
5. Hang the Thank You Gift posters around your school for your students to see.
6. Get samples of the Thank You Gifts for your students to try out. Students will be excited to test the items that they will be earning.

ONE TO TWO WEEKS BEFORE YOUR EVENT:

1. Remind students that Jump Rope For Heart is coming up. Remind them when they come to physical education class. Put the date in the school and classroom newsletter. If your school has announcements in the morning, remind students then too.
2. Practice jumping rope in class or at recess. Students are more likely to enjoy the event if they are good at jumping rope.
3. Teach students that there are many ways to jump rope, including basic jump skills and advanced jump rope skills, Chinese jump rope, long jump ropes, partner jumping and jumping using a hula-hoop. It does not need to be limited to “traditional” jump rope skills.
4. Have a Jump Rope For Heart poster contest. Any student who

wants to enter the contest can make one poster to be turned in. The posters can include ANYTHING having to do with JRFH or AHA. They can be any size and made out of any product. I have had small posters and I have had HUGE posters. Some are made of paper and others made of candy. The sky is the limit. I allow each student to vote on his/her favorite poster during the Jump event. The winner of the poster contest gets to go to lunch with me for a prize. You may want to consider having an age bracket contest so that 1st grade is not competing with 5th grade.

5. Seek out parent volunteers to help run your event. I use a minimum of 4 parent volunteers for each event.
6. Format your spreadsheets for tallying your donation dollars. The spreadsheet is on the CD that AHA sends with the Jump collection envelopes. Add your own information in the spreadsheet including your name, school and JRFH date. Assign names to the different pages on the spreadsheet for each classroom teacher so that you can easily flip from one class to the next when counting donations.
7. Start hanging up posters that have been turned in for poster contest. Number each poster for anonymous voting purposes.

THE DAY OF YOUR EVENT:

1. Set up your gym for the event. I run my event in stations.
 - a. Station 1 – Individual Jumping – have single jump ropes for students to practice basic jump rope skills. I use poly-spots or tape marks of the floor for students to jump on for rope safety.
 - b. Station 2 – Chinese Jump Rope – a group of 3 students practice Chinese jump rope skills.
 - c. Station 3 – Health Fair – Students get to discover all of the items that you borrowed from the American Heart Association. The stethoscopes are at the health fair station as well. Make sure a volunteer is at this station to clean the scopes and insure the proper use of health fair items.
 - d. Station 4 – Poster Contest – Make a class list that a volunteer can mark on for the poster votes. The students will tell the volunteer which poster is his/her favorite by telling the volunteer the number of their favorite poster. The volunteer will tally the votes at the end of the day.
2. Jump Rope Contest – for the last 3-4 minutes of class, have a “Who can jump the longest?” contest. I buy little prizes to hand out (jump ropes, heart note pads, pencils)
3. Collect donations – when the classes arrive to the gym have the art or music teacher collect the envelopes. This teacher is the designated money counter. He/she should have a volunteer to help enter the donation dollar amounts into the computer. For security purposes, do not have the volunteer count the money. This should be the job of a teacher only. Be sure to put money that is turned in prior to the event date in the school safe so that it is secure.

After your event date(s) is complete, send all donations and forms into the American Heart Association as soon as possible so your students do not have to wait long for their thank you gifts.

If you implement a few of these ideas into your Jump Rope For Heart event, you are sure to have a very successful event. If you are interested in viewing one of my Jump events or if you have any questions, please contact me at Cherokee Trail Elementary in Parker, Colorado at 303-387-8137. ♥