

# The Pulse

American Heart Association  
Learn and Live!

American Heart Association for Stroke, Physical Education, Rehabilitation 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)

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## We Are All A “Celebrity” In Somebody’s Eyes

When we think of celebrity we think of widely known people such as movie stars and sports stars. Do we forget that to get celebrity status you need only be widely honored and acclaimed? Your families, friends, students, parents of students, and colleagues honor and praise you.

As coordinators of the JRFH/HFH events you are celebrities. Each day that goes into planning your event, each day that the students walk by and ask you when it is going to happen, each day that you teach your students about heart disease and physical activity, each day that you collect those donation envelopes, makes you a celebrity in your school.

Think about the day of your event. Think about the smiles adorned on all the students’ faces. Think about how excited everyone is to go to your event. The event that you have put so much heart and soul into planning, not for yourself but for sake of those around you, your students, their parents, your fellow teachers, those people who will be affected by the money your school raises for research. Take a moment and take all that in...you are a celebrity.

As teachers your students look up to you for knowledge and incite. You are the educator. You are the one that sends the messages about living healthy, eating healthy, getting exercise and cherishing your body. You are a celebrity.

As leaders you pull together and lead large groups of students and volunteers step-by-step through an event. Each one of them looks to you as a guide. You are a celebrity.

As a hero, by running the events in your schools you affect the lives of many. With your hard work people’s lives are changed forever. Your students learn to help others. Parents learn the value in volunteering with their children’s school. Those people that are waiting for a miracle to help cure what ever may be ailing their heart can thank you for making a difference in the research that gets them one step closer to a cure. You are a celebrity.

I thank you for being coordinators, teachers, leaders, and hero’s. In my eyes, you are ALL celebrities.

-J. Katounas

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## At the Heart of the Matter

# JUMP ACROSS THE NATION



## ANNISTON AVENUE ELEMENTARY STUDENTS REACH NEW HEIGHTS IN JRFH EVENT

*Submitted by: Gary Wilson, JRFH/HFH State Coordinator, Executive Director and Joint Projects Committee Member*



The annual Jump Rope for Heart event at Anniston Avenue Elementary in Gulfport, MS took on a new meaning this year due to Hurricane Katrina. Gary Wilson, physical education teacher, questioned if he should conduct an event in 2005-2006 because of the complete destruction of homes, jobs and the City of Gulfport. His decision was made easy by his students insistence on holding the event. Wilson said he couldn't let the students down because Katrina had destroyed so much of his community.

He had always established an event goal, but this year he decided not to pursue a goal. The opinion of his Youth Market Director, Lesly Barrow, was to be happy with any amount raised because of the unknown of the hurricane. Wilson said, "I decided mid way through the jump event to set a goal of \$15,000 because we raised \$15,310 in 2004-2005."



*Gorilla Gary with Anniston Elementary's Top 10 money raisers.*

The final week of collecting donations became one of extreme excitement. Wilson couldn't believe the amount of donations when they started to count the money. The students had raised almost \$14,000, but continued to question if they had reached the goal. Wilson kept informing them the goal had not been met and the collection deadline had been extended one additional week in anticipation of reaching the \$15,000 goal or even raising more than the prior year.

"The most amazing accomplishment in which I have ever been associated occurred within that one week," Wilson states. "We began to count the additional money and, when we reached \$19,000, I knew great things were about to happen. We had a final total of \$20,040 for the 2005-2006 campaign. This was the most outstanding accomplishment that a group of elementary students had ever done in the history of the school."

Katrina could not wash away or blow down the enthusiasm the Anniston students had for the Jump Rope for Heart event. The year ended with the students collecting \$4,730 more than

the previous year and was the first time two students collected more than \$1,000.

Anniston's top three students who raised donations for the event were Olivia Buckman, second grade student, \$1,408; Haleigh Smith, fourth grade student, \$1,179; and Cade Caver, third grade student, \$611.00. This is the first year Anniston has had students raise more than \$1,000 and the first year that fifty five students raised more than \$100 each. The school had 213 participants during the event.

Wilson believes the outpouring of love, money, prayers and concerns for his community and the entire Gulf Coast area following Katrina resulted in his students performing an outstanding job for the American Heart Association and AAHPERD. He has always stressed, "never under estimate the power of a young child to sell."

The 2006-2007 event goal will be more than in 2005-2006, but Wilson knows his students will be anxious to begin the challenge. ♥



*Haleigh Smith and Olivia Buckman monkey around with Gorilla Gary.*





PE teacher Jon Grundtisch wears red.



## WEARING RED

By: Susan Leonard, Youth Market Manager, AHA, Ohio Valley Affiliate

Chapelfield Elementary School in Gahanna Ohio has been doing Jump Rope For Heart for over 15 years. Two years ago the coordinator, PE teacher Jon Grundtisch, had an added special interest in doing the event. He and his wife had twins – a son and daughter. Before their birth the Grundtisch's learned that their daughter had a severe heart defect and would require surgery soon after birth. She did not survive the procedure and Jon dedicated his Jump Rope For Heart event that year to his own daughter Ella realizing that advancements in pediatric cardiology like those funded by the American Heart Association would at least give other children like Ella a chance at survival. For his February 25, 2006 event, Jon took Jump Rope For Heart a step further. He challenged his students to raise \$7,000 which was nearly \$2,000 over his previous year's total. As an incentive to his students and a tie into the American Heart Association "Go Red for Women" campaign, he agreed to wear a red dress if the goal could be met. For weeks the students collected on their own, created Kintera online web pages and even held classroom baking sessions selling the heart cookies they baked and decorated. In the end they raised \$7,050.16! Macy's, a national sponsor of "Go Red for Women", outfitted Mr. Grundtisch in a woman's red suit complete with matching purse, heart earrings, wig, hose and red lipstick. He tried the high heels but just couldn't get through the day wearing them. We eagerly await to see what Mr. Grundtisch and the student at Chapelfield Elementary have waiting for us next year! ♥

## TOP DOLLARS EARN TOP PRIZE

Submitted by: Marci D. Robinson, Youth Market Manager, AHA, Heritage Affiliate

What better way to get students excited, than to challenge them with a wacky stunt! That is just what Physical Education Teacher Linda Anthony, of Hillside Intermediate School in Bridgewater did. This amazing school has participated in Jump Rope For Heart for many years, including being the #1 school in New Jersey. This year, Linda wanted to really challenge the students in their fundraising capabilities. So Linda promised the students that ANYONE who raised \$1,000 and earned the top prize of a bicycle, would get to have HER personally ride it to their home!

Little did Linda realize that one student had set her sights on that challenge. As the weeks went by, no one came forward having met the challenge. Then, on almost the final day before the Jump event, one student walked into the gym with a tremendous smile on her face. She proudly presented her Participation Envelope to Linda. She had indeed met the challenge and raised \$1,000!

Fortunately, Jim Casey, a Physical Education colleague at Hillside, was an expert at assembling bicycles, so he happily built the exciting prize. Then Linda was off....and it was not an easy ride. The trip to the student's home was about 2 miles, but uphill!

Waiting at the house was not only the student, but several of her friends, enjoying seeing their teacher make good on a promise.

What a remarkable and creative way, (not to mention healthy) to encourage the students to step up and challenge themselves, while helping the American Heart Association.

Our hats are off to Linda Anthony for a job well done! ♥



Linda in front of Hillside Intermediate School (above) and presenting the prize bike to the winning student (below).





# RESEARCH CORNER

## AHA Research Highlights

**E**ach year AHA highlights major gains in heart disease and stroke research. Cell recycling – using a person’s own bone marrow – to repair the heart; a gene that may make it possible to predict which patients may benefit from a particular therapy, and a drug that may help smokers reduce their cravings for nicotine, are among the American Heart Association’s top 10 research advances in heart disease and stroke for 2005. Also included is AHA’s scientific statement on childhood obesity.

**American Heart Association scientific statement on childhood obesity outlines the cardiovascular consequences and suggests prevention strategies.** Childhood obesity is one of the most critical public health problems today and threatens to reverse the last half-century’s gains in reducing cardiovascular disease and death.

The scientific statement “Overweight in Children and Adolescents: Pathophysiology, Consequences, Prevention and Treatment,” discusses the latest data on childhood obesity and its adverse outcomes.

Paralleling the weight gain of U.S. adults, the prevalence of overweight children and adolescents has almost quadrupled from 1963-65 to about 16 percent today.

An overweight child is at increased risk for type 2 diabetes, elevated blood pressure, obstructive sleep apnea, cholesterol disorders and other medical problems. Psychosocial issues are also a consequence. Research shows that overweight teens seem to have fewer friends, have difficulty networking with their peers, and are more prone to commit suicide if they’re teased about their weight.

The statement calls for a multi-pronged approach to preventing childhood obesity involving families, the healthcare system (including insurers) government agencies, the school system, the food and entertainment industries, and public health professionals. ♥

### ACCORDING TO THE STATEMENT:

- ▶ All children should have weight, height and BMI (a measure of fatness) calculated and plotted each year.
- ▶ Children with BMI between the 85th and 95th percentiles are considered “at risk of overweight.” Careful follow-up is recommended because as they grow taller, their BMI percentile could decrease.
- ▶ Overweight children (BMI above the 95th percentile) should be encouraged to maintain their weight or slow their rate of weight gain. In overweight adolescents gradual weight loss may be suggested to reduce BMI percentile, but only on the advice of a healthcare provider.
- ▶ Overweight children who also have other medical problems should begin a program for gradual weight loss with a goal of losing one to two kilograms (2-4 pounds) a month.

Source: *Circulation*. 2005;111:1999-2012; <http://circulation.ahajournals.org/>; [www.americanheart.org](http://www.americanheart.org).

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## HFH Money at Work

Through the AAHPERD/Research Consortium Grant Program, approximately \$350,000 has been awarded to HPERD researchers, funded with proceeds from the joint AHA/AAHPERD Hoops For Heart Program. The 2006 Research Consortium’s Grant Committee was chaired by Joseph Hamill, University of Massachusetts, who oversaw the review of a total of 41 proposals. The 2006 Grant Committee and other experts reviewed Phase I and Phase II proposals and ultimately recommended the following grants.

### ESTABLISHED INVESTIGATOR GRANTS

**Martha E. Ewing**, Michigan State University  
“Early Specialization of Youth: Perceptions of Youth, Parents, and Coaches”  
\$14,743.00

**Hans van der Mars**, Oregon State University  
“Coaching Teachers to Integrate Formal Assessment in Their Teaching”  
\$14,770.00

### SEED GRANTS

**Weidong Li**, The University of Memphis  
“Effectiveness of Two Interventions on Reducing Obesity Bias Among Secondary School Students”  
\$ 5,000.00

**Jennifer Waldron**, University of Northern Iowa  
“Exploratory Investigation into Athletes’ Hazing Experiences”  
\$ 5,000.00



## What a Little Ticket Can Do

*By Keith M. Cosby, JRFH Coordinator, Valerie Elementary, Dayton Public Schools  
Submitted by Dawn O'Dell, Youth Market Director, Ohio Valley Affiliate*

This story is about Jaylan, a third grade student, and how a little ticket can make dreams come true.

During the 2004-2005 school year Jaylan was a second grader. This was her first year being able to participate in JRFH. As I do every year I had my little kickoff assembly for the second graders to explain to them what JRFH is all about. Jaylan, like all the other second graders was eager to participate so she had her dad sign her form and off she went getting sponsors. At the end of the 04-05 JRFH event Jaylan was the top volunteer for our school raising more than \$371.00.

As the top volunteer she was sent a letter telling her about the opportunity to go to the Cleveland Cavaliers basketball game. In the past, several of my top volunteers thought about going but did not. Being in the Southwest corner of Ohio and the game being on a Friday evening usually makes it tough for our parents to participate in this wonderful opportunity.

Jaylan's dad and I would often talk in the mornings as he brought her to school and I was on Safety Patrol duty. One day he asked me what I thought about him taking her up for the game. He was concerned

about her missing school and would the Principal allow her to take a day off. I explained to him that this was something she had earned and if he explained it to our Principal it would probably work out. Well, he did talk to our Principal and was given the green light to take her. As Jaylan explained it to me, her dad was going to make it a big weekend trip because they had family in the Cleveland area. Jaylan's uncle flew in from NJ to ride up with them and celebrate this big event.

Well, the day had come for the game and Jaylan was on her way. The next Monday at school she couldn't wait to tell me all about it. She said her dad got tickets for her little brother and any of the other family members who wanted to go and they stayed at a hotel right across the street from the arena. She had the opportunity to meet the Cavalier basketball players and be out on the floor at halftime. What a thrill it was. She told all of her classmates about it and just couldn't believe all of this had happened for her.

Well, this isn't the end of the story. As the 2005-2006 JRFH kickoff approached Jaylan was already getting excited. The first thing she told me was that she would be number one again so she could get

that ticket. As it turns out, Jaylan had already started lining up her sponsors even before she had her official sponsor form. Through the hard work of her and her family she was the top volunteer again, raising \$472.00. You can bet she was excited about that trip to Cleveland again.

Throughout my teaching career, I have been witness to how positive motivation can make a difference in a child's school year. It appears that the explanation of the importance of JRFH during the kickoff assembly and the possible rewards a child could receive just from working hard meant a great deal to Jaylan. It is also proof how much our young people can achieve with positive motivation. Jaylan's accomplishments just may spark the same kind of motivation for other students. A little ticket made a big difference in her life and my JRFH Program. ♥

# GRANT RECIPIENTS' PERSPECTIVES



## Go Ahead! Apply For The Grant!

*By: Lisa Barnett, Grant Recipient,  
Sumiton Christian School, Sumiton, AL*

Although I had been teaching for 16 years, and participating in Jump Rope For Heart for almost that long, I had never thought it possible that I could be awarded a grant by a national organization for these efforts. Even after finally submitting my application, I didn't really look forward to a positive response. I'm very happy today to say that I was in for a wonderful surprise!

My grant proposal told of the need for P.E. equipment, and of the excitement the Jump Rope For Heart event brings to our school. My kids end our month of jumping rope with a show, during which we all perform in front of classmates, teachers, and parents. The gym is packed that day as one class at a time shows their stuff, and also educates the audience about cardiovascular health.

I would like to encourage other P.E. teachers to apply for the grant for the following three reasons. First of all, the experience of going to my first national convention was wonderful. I enjoyed every minute of going to the conferences, meeting other professionals, and attending exhibitions and demonstrations, all with the focus of helping others learn to do more. The dinner meeting for grant recipients was especially nice. Having time to talk and share with the other recipients was truly a highlight of the convention. Secondly, Salt Lake City was beautiful, and the snow-capped mountains were especially exciting for a southerner like me. Finally, I was also able to come home with those gift certificates and spend them on equipment and supplies for my students. It was almost like having Christmas in April, and just for my P.E. program. As I'm sure you can see from my reactions to this entire experience, I would definitely urge anyone today to go ahead, and apply for the grant! ♥

## I Will Never Forget

*By: Jerry Morucci, Grant Recipient, Heights  
Elementary School, Pittsburg, CA*

In April I had the opportunity to attend the 2006 AAHPERD National Convention in Salt Lake City, Utah. I was one of 18 chosen to receive the trip through the AAHPERD JRFH/HFH Grant Program. This was the largest "workshop" I've ever attended and a very rewarding experience.

I arrived in Salt Lake City a bit flustered at the size of the program schedule. I had an idea of the size of this convention but until I was there I was completely blown away.

**“ Now, months later, I read these notes and am thankful I have them as I plan and prepare for another outstanding Physical Education class in the fall. ”**

After spending nearly my entire first day at exposition and the next two days at sessions, I was amazed at the innovative facts I learned about fitness and I began realizing how valuable this would be to take back and incorporate into my own classroom. Each night at the convention I would head back to my hotel room and read all the literature I picked up from the day at the different sessions. I would write notes I failed to write down during sessions because of my faulty pen or because I was too busy participating. Now, months later, I read these notes and am thankful I have them as I plan and prepare for another outstanding Physical Education class in the fall.

Another part of the grant was a \$1200 gift card which I received to use to purchase equipment for my program. As any Physical Educator may know, \$1200 does not go very far in the equipment world. When I was handed this award, me being the teacher who has operated with no official budget for the past five years, I treated it like gold and still am.

As I plan for next year, I can already see the impact it will have not only for Physical Education but for our school recess too! Because I now have funds to purchase gym mats which I have never had, I am now able to add more gymnastics type movement at all grade levels. This will create more diversity on rainy days to my curriculum while following the specific guidelines of the California State Standards. I am also able to add more jump ropes to recess and Physical Education for single, group, and teaching Double Dutch to large groups.

I will never forget AAHPERD 2006 and am very thankful to the AAHPERD/AHA Joint Projects Committee for choosing me to go. I hope someday to attend another but in the meantime I continue to network with colleagues I met at the conference while sharing ideas. ♥

## Learning and Helping Others

By Nancy Martin, Grant Recipient, East Elementary, Spearfish, SD

It happens every year when I bring out the jump ropes for the first time as a warm-up activity in my Physical Education classes. Excited students ask questions like “Mrs. Martin, when is Jump Rope For Heart this year?” or “I hope they have cool prizes like they did last year, have you seen them yet?” Questions like “Are we going to have a Jump Rope For Heart Event this year?” are never asked. Why? Because the students know that this event is held annually at our school and it is an event that we believe is helping our community and our families.

Yes, the students love the wonderful prizes that they receive for collecting donations for the AHA but when we talk about Jump Rope For Heart in PE class, the conversation goes to a more serious tone. Almost every child can connect this project to a person in their life that has been

affected by heart disease or stroke. We talk about where heart disease and stroke ranks as national killers and we discuss in addition to those facts, the serious disabilities that heart disease can and does cause to people in our community and nation.

We talk about recognizing the risk factors and how to react if someone around us is showing those signs. We talk about heart healthy foods and how to search for the AHA symbol on foods at the grocery store. We talk about exercise and its benefits to our heart. We talk about intensity, duration and frequency and how we need to find something that we like to do everyday to improve our cardiovascular fitness levels.

We always are happy to share the success stories of those lives that have been saved though medical procedures that would not have been possible without the continued dollars spent by the American

Heart Association for research. By promoting this event every year, as something that children with young healthy hearts can do for others, it becomes a great way to learn volunteerism while having FUN! I always tell the students that this is not something that they have to do but rather something that they may want to choose to do to help others.

This year I was especially touched when the sign-ups were held and I saw the name of a very special student included in the list. This 3rd grade boy was suffering from a kidney ailment which would require a kidney transplant two weeks after our Jump. To see this young child out there jumping to help others was more than I can put into words. I am happy to tell you that the transplant was very successful and he is doing well. Talk about volunteerism at it best. This young man has taught us all more than he will ever know! ♥

**BE PART OF THE MOVEMENT TAKE THE CHALLENGE!**

Get the word out, eating better, becoming physically fit, and making a difference in your community is where it's at. And you can have a good time doing it! Check out Nickelodeon's Let's Just Play Go Healthy Challenge and get pumped about changing things up. Find out more at [www.nick.com](http://www.nick.com)

**TO JOIN**

- 1 Go to [www.nick.com](http://www.nick.com)
- 2 Download our online tools and resources
- 3 Create a plan to encourage other kids and families in your community, school, etc., to join the Challenge
- 4 Celebrate your successes on the Worldwide Day of Play, September 30th

Nickelodeon's Let's Just Play Go Healthy Challenge is brought to you with the Alliance for a Healthier Generation, a joint initiative of the American Heart Association and the William J. Clinton Foundation.

## OUTSTANDING COORDINATORS OF THE YEAR

Are you an outstanding coordinator, been involved with JRFH or HFH for five or more years, serve as a positive role model epitomizing personal health and fitness? Or perhaps you know one. The AAHPERD Joint Projects office wants to recognize two JRFH and one HFH outstanding coordinators. The recipients of these awards will be recognized at the AAHPERD Awards Ceremony at the 2007 AAHPERD National Convention in Baltimore, MD and will receive \$1000 towards their trip. The deadline for applications is November 20, 2006. Find all application material on our website: [www.aahperd.org/jointprojects.html](http://www.aahperd.org/jointprojects.html). ♥

## JRFH/HFH Grants

For three years the Joint Projects office has been offering grants to Jump Rope For Heart and Hoops For Heart coordinators. To date we have awarded 43 grants! This year we will award 15 \$2500 grants that will subsidize your AAHPERD membership and attendance at the AAHPERD National Convention, as well as provide you with the opportunity to purchase equipment that will enhance your physical education program in a way that aligns with NASPE Standards and Guidelines.

The process is simple. Applicants must have conducted an event in the past year and submit a brief paper. The paper should be no more than two pages and focus on the passion that you, your students, your school, and your community has for JRFH/HFH.

Don't hesitate, apply today! The proposal form is available on the AAHPERD website at [www.aahperd.org/jointprojects.html](http://www.aahperd.org/jointprojects.html). **Deadline for submissions is December 1, 2006.** If you have any questions please call the Joint Projects office at 800-213-7193x469. ♥



## SUGGESTIONS, STORIES, AND IDEAS FOR JRFH/HFH SUCCESS

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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! ♥