



Washington Elementary School is Getting Ready for the Kids Heart Challenge

It's time for the **American Heart Association's Kids Heart Challenge™!**

By participating in **Kids Heart Challenge**, your child will raise funds to help kids with special hearts and make all communities healthier. They will also learn about taking care of their hearts and participate in cardio-pumping challenges.

Start today to enjoy educational and fun online experiences. Everything can be done online by downloading the Kids Heart Challenge app or by joining [the Washington Elementary School online team.](#) You can learn more about this year's Kids Heart Challenge program by visiting this [Virtual Donation Envelope.](#)

Students will also be participating in a virtual gym during physical education classes. However, they are encouraged to visit the gym on days they do not have physical education class so they can remain both physically and emotionally active while working towards solving secret messages. To visit the Kids Heart Challenge virtual gym, click here: [Kids Heart Challenge Virtual Gym.](#)

Our school is proud to help the American Heart Association as they are supporting our community in many ways during this pandemic. In a normal year, heart disease is the leading cause of death in America, but now people who have had a stroke or live with heart disease make up more than 40% of those hospitalized for COVID-19. The AHA has already funded \$2.5 Million in fast-response grants to study COVID-19's effects on heart disease patients, launched a COVID-19 Data Registry within the Get with the Guidelines registry that is used by hundreds of hospitals nation-wide. This has made it possible to learn from COVID patients quickly and improve treatments more rapidly. The more that is discovered, the more research is needed.

As always, your student's heart health and the health of others is a priority of ours. Start now by taking a heart healthy pledge; choose to Be Kind; Drink Water; or Move More. Although fundraising is not mandatory, we always encourage our students to do their best.

Please finalize all donations no later than February 26th; thanks for your support!

Sincerely,

Mrs. Schlatter and Ms. Vu
Principal and Assistant Principal

Ms. Coyne and Mr. McGowan
Physical Education Teachers