



## 2022-2023 EVENT INFORMATION



Help our school, help more special hearts!

The money our school's team raises will support the American Heart Association's work to keep communities everywhere healthier and stronger. Our school can also earn new PE equipment, based on our fundraising success.

Your gift helps keep more hearts beating stronger, and our kids moving more.

**WHO:** Shamona Creek Elementary Students

**WHAT:** Kids Heart Challenge ♦ School Link: [Kids Heart Challenge](#)  
(formerly known as Jump Rope for Heart)

**WHEN:** February 21-28 (During regular PE encore time)

**WHERE:** SC gym

**WHY:** The American Heart Association's Kids Heart Challenge (KHC) is a wonderful way to help kids move more, eat better, and experience social-emotional learning that lasts a lifetime. KHC makes it fun to move more: students can shoot hoops, jump rope, dance or try out a warrior obstacle course. And students learn lessons about kindness, leadership, avoiding unhealthy behaviors, and more.

**21-22 AMOUNT RAISED:** \$16,228.44

**22-23 GOAL:** \$18,000

### **\*Additional Details:**

- Donations will **ONLY** be accepted through the online KHC portal (please see link above or KHC flyer going home the first week of February).
  - Please do not send in cash/checks with your child.
- Like last year, the American Heart Association will mail us ALL thank you gifts AFTER the donation deadline date (February 28, 2023). Therefore students will not receive thank you gifts until March/April.
- ALL students will participate in the KHC event, regardless if they donate or not.
- The top 5 students who fundraise the most will win the ice bucket challenge and get to dump ice buckets on Mrs. Garrison and Mr. Hook after the KHC event!
- The top fundraising class will earn an extra Physical Education class!
- Our KHC Kickoff Assembly will be February 2, 2023 for students only. Check out this year's jump rope performer [Learnin' the Ropes HERE!](#)

\*Students will be informed about event details during the KHC Kickoff Assembly\*

YOUR STUDENT CAN ALSO EARN THE FOLLOWING THANK-YOU GIFTS.



REGISTER ONLINE:  
**Wristband**



RAISE \$5:  
**Hearty**



\$10:  
**Breeze\***



\$15:  
**Jump Rope\***



\$25:  
**Hydro\***



\$40:  
**Dream\***



\$50:  
**T-Shirt\***



\$75:  
**Playground Ball\***



\$100:  
**Marley\***



\$200:  
**Baxter\***



\$250:  
**Socks\***



\$500:  
**Mystery XL Fidget Popper\***



\$1,000:  
**Fitness Watch\***

\*plus lower-level gifts

Earn a **Mystery Gift** for every \$50 you raise!  
Up to 20 gifts.



Dear Parent or Guardian,

It's time for the **American Heart Association's Kids Heart Challenge™!** When your student joins your school's KHC team, they will learn how to keep their hearts and brains healthy, get moving with fun activities, meet kids with special hearts and raise funds for the health of all hearts. Plus, they'll feel good for doing good!

**SIGN UP TODAY!**



1 Download our **Kids Heart Challenge app** or visit [heart.org/KHC](http://heart.org/KHC) to register.



2 Help your student choose a daily health challenge: **MOVE MORE** or **BE KIND**.



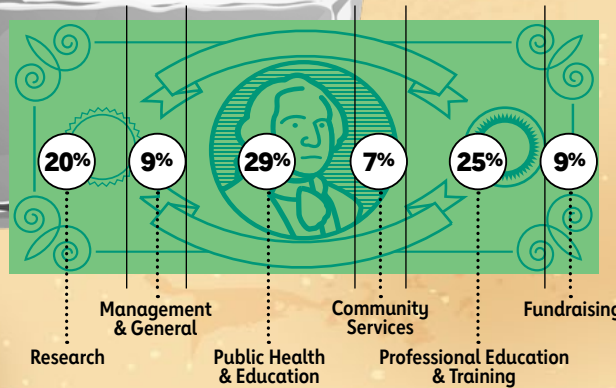
3 Set a fundraising goal with your student and send emails to invite friends and family to support it.



**HELP US GET 100% OF OUR SCHOOL FAMILIES TO LEARN HANDS-ONLY CPR**

Finn has worked for years with KHC to help raise awareness and support of kids with special hearts—like him. This year, he set a goal to get 1.8 million families to learn Hands-Only CPR, in honor of the 18 procedures he has had. You can help. Join KHC and take Finn's Mission to learn this lifesaving skill in under two minutes!

Complete Finn's Mission online to earn his exclusive Finn's Lifesavers Award!



**YOUR IMPACT**

Funds raised support initiatives including:

- scientific research & accelerating science
- improving quality of medical care
- preventing e-cigarette and tobacco use in youth
- improving nutrition security



**SCAN YOUR CHECKS!**

Use the **KHC app** to scan checks (and then shred them), and funds will immediately appear in your total online!



**DOUBLE YOUR DONATION!**

Ask your donor if their company provides matching gifts. Go to [matchinggifts.com/AHA](http://matchinggifts.com/AHA) to search company names.



*For nearly 100 years, the American Heart Association has been fighting heart disease and stroke, helping families and communities live happier, healthier and longer lives.*

Visit [heart.org/KHCforME](http://heart.org/KHCforME) for resources in other languages.



TU ESTUDIANTE TAMBIÉN PUEDE GANAR LOS SIGUIENTES OBSEQUIOS DE AGRADECIMIENTO.

Regístrate en línea:  
**Pulsera**



RECAUDA \$5:  
**Hearty**



\$10:  
**Breeze\***



\$15:  
**Cuerda Para Saltar\***



\$25:  
**Hydro\***



\$40:  
**Dream\***



\$50:  
**CAMISETA\***



\$75:  
**Pelota Plástica\***



\$100:  
**Marley\***



\$200:  
**Baxter\***



\$250:  
**Calcetines\***



\$500:  
**Mystery XL Fidget Popper\***



\$1,000:  
**Reloj Deportivo De KHC\***

\*más regalos de nivel inferior

¡Gana un Regalo Misterioso por cada \$50 que recaudes! Hasta 20 regalos.



Estimado padre o tutor:

¡Es hora del Kids Heart Challenge™ de la American Heart Association! Cuando tu estudiante se une al equipo de KHC de tu escuela, aprenderá cómo mantener su corazón y cerebro saludable, realizar actividades divertidas, conocer a los niños con corazones especiales y recaudar fondos para la salud de todos los corazones. Además, ¡se sentirá bien por hacer buenas acciones!

¡REGÍSTRATE HOY MISMO!



1 Descarga la aplicación Kids Heart Challenge o visita [heart.org/KHC](http://heart.org/KHC) para registrarte.



2 Ayuda a tu estudiante a elegir un desafío de salud diario: **MUÉVETE MÁS** o **SE AMABLE**.



3 Establece una meta de recaudación de fondos con tu estudiante y envía correos electrónicos para invitar a amigos y familiares a apoyarla.

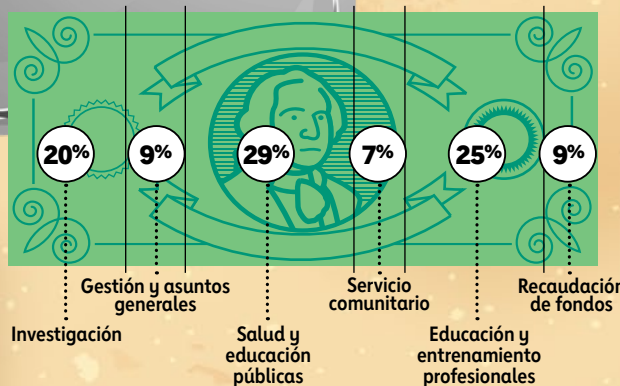


¡AYÚDANOS A QUE EL 100 % DE NUESTRAS FAMILIAS ESCOLARES APRENDAN A REALIZAR RCP USANDO SOLO LAS MANOS!

Finn ha trabajado durante años con KHC para ayudar a crear conciencia y apoyar a los niños con corazones especiales, como él. Este año, estableció un objetivo de lograr que 1.8 millones de familias aprendan la RCP usando solo las manos, en honor de los 18 procedimientos que ha tenido. Puedes ayudar. Únete a KHC y acepta la misión de Finn para aprender esta técnica que salva vidas en menos de dos minutos.



¡Completa las misiones de Finn en línea para ganar el exclusivo Premio Salvavidas de Finn!



**TU IMPACTO**

Los fondos recaudados apoyan iniciativas como las siguientes:

- investigación científica y realizar avances científicos
- mejorar la calidad de la atención médica
- prevenir el consumo de cigarrillos electrónicos y tabaco en los jóvenes
- mejorar la seguridad nutricional



¡ESCANEA TUS CHEQUES!

Utiliza la aplicación KHC para escanear los cheques (y, luego, destrúyelos) y que, de esta manera, los fondos aparezcan inmediatamente en el total en línea.



¡DUPLICA TU DONACIÓN!

Consulta a tu donante si su compañía iguala las donaciones. Visita [matchinggifts.com/AHA](http://matchinggifts.com/AHA) para buscar nombres de compañías.



*Durante casi 100 años, la American Heart Association ha estado luchando contra los ataques cardíacos y los ataques o derrames cerebrales, ayudando a las familias y las comunidades a vivir vidas más felices, más saludables y más largas.*