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Heart Champion
Mr. Brian Uplinger
Superintendent



Central Greene School District 2014-2015 Heart Campaign Fact Sheet

The Central Greene School District is kicking off its partnership with the American Heart Association to promote heart healthy lifestyles to staff, students and the school community and to raise funds to support the mission of the American Heart Association.

- In the 2013-2014 school year, Central Greene School District raised \$2,236 to fight heart disease and stroke through Jump Rope/Hoops for Heart at the Elementary & High Schools and a Red Out at the Middle School.
- Our goal for the 14-15 school year is to engage more staff, more students and more families to learn more about heart healthy living and to make an impact on our community's future health! Hopefully, we'll be able to hold events in every building in the District and look to have our Best Year Ever with a Heart Goal of **\$5,000!**

WHY: Studies show that students who are physically fit do better academically! Unfortunately, heart disease remains the #1 killer of Americans and with the growing childhood obesity epidemic heart disease is already affecting many of our children. Our Heart Campaign promotes the importance of exercise, good nutrition, living tobacco free and provides heart health education as part of a heart-healthy lifestyle. We'll raise funds to help the American Heart Association continue vital research leading to the latest treatments for cardiovascular diseases and stroke and make a difference in our own community.

HOW: The District will be engaged in heart healthy education, events and activities year-round:

WCES: Jump Rope/Hoops for Heart

MBM: RED OUT, CPR for 7th and 8th Grade Students

WCHS: Jump Rope/Hoops for Heart

More info to Follow soon {
District Staff: National Wear Red Day Friday, Feb. 6, 2015
District Staff: Monthly "Wellness Wednesday" heart facts
District: Apply for Recognition as a Fit Friendly School District
District Families: Quarterly heart healthy newsletters sent to families

ACTION: *All Staff: Look for monthly Wellness Wednesday heart facts in your inbox!*
Principals and PE Staff: Continue to schedule meetings with Kristin Geros, our local Youth Market American Heart Association representative.

Once again, I encourage your participation in these programs and hope we can set heart healthy living examples!

MONEY RAISED GOES TOWARD LIFESAVING HEART RESEARCH AND EDUCATIONAL PROGRAMS IN OUR AREA. FOR EVERY \$1 RAISED APPROXIMATELY \$3 COMES BACK TO OUR REGION

