



DEAR PARENTS,

Our school is proud to partner with the American Heart Association to host the American Heart Challenge! Through this program, students are receiving heart healthy messaging and have service learning opportunities to raise money for The American Heart Association. All money raised will go towards life-saving research in the areas of heart disease and stroke, education, and advocacy.

Students will learn about the importance of taking care of their hearts. Heart disease is the leading cause of death in America, but 80% of the risk factors are preventable. As part of our program, your child can choose a heart-healthy message and share life saving tips.

Students will make a difference in people's lives! Ask family and friends if they'd like to donate, for their participation in a variety of activities, such as, hula hooping, jump roping, dancing, cup stacking, basketball competitions and a 3 on 3 tournament. High School Students and Coaches along with Middle School Staff will help monitor the activities.

DONATE ONLINE

Go to heart.org/americanheartchallenge or search "AMERICAN HEART CHALLENGE" in the app store to sign up for our school's online fundraising page. Students can donate as well as email, post to social media, and send text messages asking for donations.

We are excited to partner with the American Heart Association for this fun event! We hope you will support our students as they help others and raise awareness for heart disease and stroke. Please be sure your child picks up the envelope needed for the event from their PE or Health Teacher.

Event Date: March 6, 2020 - 2:30-4:30 pm in the MMS Gym and Cafeteria

Envelopes Due: March 6, 2020

Thank you for your support!

Mr. Gutterson, Mr. Scott, Mr. White
MMS Physical Education/Health

