Dear Parents,

On Friday the 6th of September OLW will be having a **JUMP ROPE FOR HEART DAY**.

By now you should have received the fundraising forms for Jump Rope for Heart, so here are a few details about how OLW will be supporting this program. This year OLW will be fundraising for the Jump Rope for Heart program. We are running our skipping program through our PE lessons, and participating in the fundraising project for Jump Rope as we have in the past. This will be concluded by a Jump Rope for Heart fun day for the whole school to participate in.

On the day the children will have the opportunity during a lesson to participate in a variety of skipping activities. They will work in small groups and move through a fun rotation of activities run by our responsible year 7 students.

On our Jump Rope for Heart Day our theme will be “REDTASTIC”, so the children may wear red clothing in support. If they do not own RED clothing they must wear their SPORTS uniform.

At the end of our “REDTASTIC JUMP OFF” day there will be a skipping performance by some of our very talented skipping enthusiasts which everyone is welcome to attend. This will be from 2pm.

The Heart Foundation Jump Rope for Heart is a fun and challenging skipping program that encourages a positive attitude towards exercise and heart health. The Heart Foundation is an important agency for research and awareness of Heart related illness and disease and the funds we raise on the day are important to continue to improve and save lives of people with Heart problems.

As a school OLW is very enthusiastic about supporting good causes as well as having a positive healthy outlook on our student’s lives. Jump Rope for Heart is another way we promoting good health within our school community.

An important note: Families are welcome to join together and have one sponsorship fundraising account for all the children in the family to work together on. This may help achieve a better prize for the family from the Thank-You Prizes. If you choose to do a family sponsorship, please ensure the unused forms are returned to the class teachers while also creating only one online account for online fundraising.

Thank you for your support.

The OLW Sports Team