

Our Kids Heart Challenge is scheduled for the week of March 6th in PE Classes! Don't miss out on our fun incentives!

Here's How...

- Register Online at www.heart.org/khc or download the Kids Heart Challenge Mobile App.
- **PICK A HEALTH CHALLENGE TO BE KIND OR MOVE MORE** and receive your heart hero torch wristband!
- Spread awareness by sending out ecards, emails or texts to family and friends.
- Receive the following heart hero character keychains based on the amount raised.



- For every \$50 raised you can also receive a mystery charm!
Let your PE Teacher know if you receive the Golden Egg charm!



TAKE THE PRINCIPALS HEALTH CHALLENGE TO BE KIND OR MOVE MORE!

It is our goal to have 1/2 of our school enrollment take the Health Challenge to Be Kind or Move More. Once we reach our goal and raise our initial \$500 for the AHA...our school will earn \$500 to purchase new PE Equipment!



Top Health Challenge Class: The class in each grade with the highest % of students taking the online health challenge to Be Kind or Move More will receive vintage Heart Hero backpack keychains for each student in the class. **The 1st class to have all its students take the challenge will also receive a recess kit.**

Silly String Time!

HELP US REACH OUR SCHOOL HEALTH CHALLENGE GOALS!!!

If we reach our school health challenge goal, the class with the highest % of students taking the health challenge can silly string Mrs. Donohue.

If we reach our school impact goal of raising \$5,000 for the AHA, students raising \$150 or more + 1 random student per grade raising \$25 or more will be chosen to silly string Mr. Mahoney!

Deadline is March 10th.

