



January 20, 2012

Dear Parents and Students,

The physical education and health departments at the Middle School are proud to be sponsoring their sixteenth annual **HOOPS FOR HEART** fund-raiser for the American Heart Association on **February 16th and 17th** during their PE classes. The students raise money by getting their friends and family to sponsor them in these events. To help you raise money the fun and easy way, we suggest that you use the online fund-raising tool found at americanheart.org/hoops and click on the link "**Jump, Shoot, Save!**" and register. Next, send e-mails to friends and family to ask for support. After you have completed raising money online, print the online donation report and place it in the collection envelope.

During PE class time, students will have their choice to either play basketball or jump rope for the event (cardiovascular activity). This fund-raiser will culminate our basketball unit and we will show the students how a cardiovascular activity (such as basketball) helps to decrease your chances of getting heart disease. There will be several ways in which the students can participate during class time. For the **HOOPS FOR HEART** program, students may participate in a 3-on-3 competition, hot shot competition or just play on their own during their PE period.

Incentives for participation in this event include:

- A terrific cardiovascular (heart) workout
- A feeling of pride for volunteering
- A sense of accomplishment for helping others
- Prizes awarded by the AHA based on the amount of money you raise

We hope you will consider this event worthwhile and get involved. Not only will you be helping others, but you will also be improving your own personal cardiovascular health. Please pick up sponsor envelopes from your PE teacher. If you have any questions, please contact us at 773-4378.

Wishing you good health,

Ms. Nicodemo, Mr. Conroy,
Mr. Thomas and Miss Kaufman

