



Swallow Elementary Parents!  
 Our Goal is to have more than 50% of our students take the online Challenge!!  
 Our school will earn EXTRA money for PE!



**It's time for the Kids Heart Challenge!**

**DID YOU KNOW?**

**LESS THAN 1% OF AMERICANS HAVE IDEAL HEART HEALTH?**

We hope to establish **physical and emotional** heart-healthy habits in your student **NOW** to provide the foundation for a **healthy and successful future!**

**YOUR STUDENT WILL:**

1. Learn our Five for Life Heart-Healthy Habits
2. Take a pledge to improve their own health
3. Participate in a service learning program that builds character, teaches them to care about others, and raises donations for our lifesaving mission!

Finn was born with a congenital heart defect, and doctors thought he wouldn't make it.  
 Now he's 4!  
 He's had 14 procedures, including 2 open-heart surgeries, and is doing AMAZING!  
 Students like you and schools like yours made it possible by helping us fund lifesaving research!

**TAKE ON FINN'S MISSION TODAY!**

**SIGN UP TODAY!**

**STEP 1: Register**

Download the Kids Heart Challenge app or visit [heart.org/KidsHeartChallenge](http://heart.org/KidsHeartChallenge)  
<http://www2.heart.org/goto/Swallow53029>

**STEP 2: Take a Challenge**

**MOVE MORE BE KIND BE READY**

As soon as your student chooses a challenge they get to bring home this FREE buildable wristband!



**STEP 3: Collect and Earn**

Discover the simple ways that you and your family can collect lifesaving donations!

**Raise \$10 or more and earn a Bucks Voucher**



Our school can earn physical education equipment, and your student can receive fun thank you gifts!

**PERRIE** Clip this coupon and return it to school when you have raised \$5 online or in your envelope! When you do, you'll receive **PERRIE!**

**Be Ready!**

Student Name \_\_\_\_\_

**KNOX\*** No Smoking Or Vaping! **NICO** Be Kind! **CRUSH** Help Others! **SOFIE\*** Color Your Plate! **SUNNY** Move More!