



American  
Heart  
Association.



## The American Heart Association's KIDS HEART CHALLENGE STARTS TODAY!

Dear Parents,

By participating in the Kids Heart Challenge, your child will help save lives, learn about heart health and earn fun Heart Heroes gifts. The American Heart Association has worked with schools to help students learn heart-healthy habits for more than 40 years.

### HOW TO REGISTER

#### STEP 1

Register online at <http://www2.heart.org/goto/swallow>  
Or download the Kids Heart Challenge mobile app.  
Download app and see Heart Heroes come to life!  
Once registered (its no cost) you receive a wrist band!



#### STEP 2

Send EMAILS, ECARDS or TEXTS to your friends and family telling them about the Kids Heart Challenge

#### STEP 3

Return the coupon on your donation envelope or get your first donation online – that's how you'll earn your first Heart Hero!

#### STEP 4

If you choose to fundraise(which is completely optional) turn in all check and cash donations in the collection envelope provided on donation due date. Please make sure all checks are payable to **The American Heart Association.**

All donations are 100% tax-deductible and company matching programs are accepted.

# PROGRAM DATES AND PRIZES (more listed on envelope)

**These Heart Heroes are earned with donations online OR via cash/checks.**



Register online and earn free glow wristband.



**Raise \$5**  
Earn ECHO & HERO clasp



**1<sup>st</sup> ONLINE Donation**  
Earn FINN



**Raise \$20**  
Earn OSCAR



**Raise \$35**  
Earn SPRINKLES



**Raise \$40 Online**  
Earn RUBY Plush Toy



**Raise \$100**  
Earn SPLASH Plush Toy



**Raise \$200**  
Earn FIERY Plush Toy

**Create your Own Heart Hero! 3D printed, sent to your home.**

**Raise \$1,000 Bonus for online students!**

**Kids Heart Challenge:** Jump Rope April 1st thru 5th

Hoops March 22nd

Thanks for your support!!  
Mr. Lescohier Swallow School  
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**Raise \$10**  
Earn a Bucks Ticket