heartfoundation.org.au/jumprope

It's easy! Simply...

- Jump online and find your school
- Flick your friends and family an email, asking them to sponsor your Jump Rope for Heart efforts
- Start skipping to keep your heart healthy

Fundraise online to receive a cool BONUS prize!

$100 ONLINE BONUS

$300 ONLINE BONUS

- Jumbo Bubble Blaster
- Delta Kite

'You will receive your bonus prize at the same time as all other thank you prizes'

Heart Foundation
Jump Rope for Heart

The Heart Foundation authorises this school to organise a sponsored Heart Foundation Jump Rope for Heart program to raise funds for the Heart Foundation.

School Name: __________________________

Jump Off Date: __________________________
- please return this form to your teacher by this date, together with all funds raised

Student's Name: __________________________

Student's Class: __________________________

Total amount of offline funds: $____________

heartfoundation.org.au/jumprope
1300 72 48 04

Heart Foundation
Heart Foundation

Jump Rope for Heart

Dear Supporter,
This year I’m being healthy by taking part in Jump Rope for Heart. I’m learning heaps of skipping tricks to help keep my heart healthy. Please sponsor me by making a donation. It will help the Heart Foundation continue its important work, funding lifesaving research and education programs.

Fundraise online
The quickest and easiest way to provide receipts to your donors is to fundraise online. Find out how at heartfoundation.org.au/jumprope

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<th>First Name</th>
<th>Surname</th>
<th>Address</th>
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Please return this sponsorship form to your school with funds raised.
If you run out of space on this form, your child can obtain another from their teacher or fundraise online. Prizes are sent to participating schools after all fundraising from the school has been received by the Heart Foundation. You do not need to document any funds raised online on this sponsorship form. Receipts for online donors are provided automatically as part of the online payment process.

Parent/Guardian Declaration

Receipts for cash donations
- Please tick the "Receipt Y/N" box above for any donor requiring a receipt for taxation purposes.
- Students will inform school coordinator of their request.
- The Heart Foundation will receipt a donation when the student sponsorship form is returned by the school coordinator to the Heart Foundation with the funds raised.
Heart Foundation

Jump Rope for Heart

Fun healthy living calendar!

Cut this side of the form off, put it on the fridge, and complete one healthy activity each day of the month!

1. Attend your school's Jump Rope For Heart launch
2. Bring your favourite healthy lunch to school today!
3. Register online at heartfoundation.org.au/jumprope
4. Play an outdoor sport with your family or friends
5. Set your personal fundraising goal
6. Learn three ways to keep your heart healthy and teach your family

7. Teach a family member or a friend a new skipping skill that you have learnt
8. Complete one lap running or walking around the school yard
9. Skip for 10 minutes every day for 10 days
10. Share Ella's story with your family and friends
11. Have a healthy picnic with your family and friends
12. Make up your own cool skipping move
13. Enjoy your favourite vegetables
14. Do 15 skips with a friend in the same rope
15. Make up a skipping routine to music
16. Time yourself to see how many skips you can do in 60 seconds
17. Learn the names of three fruits you've never heard of!
18. Go for a 60 minute walk with your family
19. Update your supporter page and share your progress
20. learn a new skipping trick
21. Cook a healthy meal with your family
22. Choose a different way to get to school today - cycle or walk?
23. Wear something RED to support the Heart Foundation
24. Try double dutch skipping
25. Learn about the lifesaving research your donations fund heartfoundation.org.au
26. Make a poster to hang up on your Jump Off Day
27. Try a new sport or game
28. Challenge teachers and friends to a skip-off
29. Jump Rope for Heart day!
30. Skip Skip Skip!
Ella’s Story

Ella was born with a rare type of heart disease called Truncus Arteriosus. At birth she had multiple surgeries to try and fix her heart.

Ella, who is now 11, is the youngest of five children and has never let anything get in the way of living a full and active life. She plays many sports including hockey, swimming, windsurfing and has even run triathlons!

Today Ella stays as fit as she can and loves to participate in Jump Rope for Heart each year to help raise funds for more research and education.

While Ella will face further challenges and more surgery in 2016 she knows that the more that is learnt about heart disease, the better her chances are at living a long and healthy life.

When you participate in Jump Rope for Heart this year you’ll be raising lifesaving funds for research that gives doctors the tools they need to help children just like Ella.