

Dear Parents/ Guardians of **Brody** Students,

We will be participating in our American Heart Association (AHA) **Hoops for Heart**. Heart disease and congenital heart defects touch so many lives- including students and staff right here in our school. Heart disease is the leading cause of death in **Polk County**. **Last year our event saved 16 LIVES!** All of your dollars fund outreach and research here in **Iowa**. Students have been learning about heart health in class and they get to be **HEART HEROS** by raising money when asking family, friends, neighbors and parents to support them while they do activities in physical education classes. We accept cash, checks (made out to the American Heart Association) or online donations. You child can create their own **free, life-saving web page for online donations, here's how:**



Go to www.heart.org/hoops and click on **REGISTER NOW**.

Drop down to Iowa/ Des Moines and click on **BRODY & Join Team**.

**OR DOWNLOAD THE FREE APP FOR ACCEPTING SECURE
ONLINE DONATIONS & SHARING ON SOCIAL MEDIA!
JUST SEARCH "JUMP HOOPS" IN YOUR APP WORLD.**



Your student (s) can earn Thank You Gifts and the Lifesaver Ducks based on the funds they raise. The final day to turn in donations is **12/12/2014. PLEASE BRING YOUR DONATION ENVELOPES TO TURN IN THAT MORNING FROM 7:30-8 AM.** Your student does not have to collect donations. This is a great philanthropy project and the school receives PE equipment and educational materials to teach your child about heart disease, prevention, and nutrition for the entire school year. If you have any questions concerning **Hoops for Heart**, please call the school and I will be happy to assist you.

Thank you,

PE staff

**DONATION PACKETS
ARE DUE 12/12/14**



These 3 ducks are instant!!

Quacky says, know the foods that are good for you. Fruits and veggies should be a big part on your plate. Start your collection with a **\$5 donation!**



Ninja says, there's nothing good about smoking! Say no to tobacco! Raise **\$10 online** and will get you this duck!



Ms. Cool says, cut sugary drinks from your diet. Next time you are looking to quench your thirst, try reaching for a glass on good old water! Collect a total of **\$75 online** and you will earn this duck!



These 3 come at the end of the event!

Spy Duck says, getting the correct hours of sleep is just as important as making good food choices and exercise! **\$35 in donation** and you can add this cool duck to your collection!



Sock Monkey says, watch for hidden sodium in the foods you eat. Learn how to read food labels, they can tell you the truth about what is in the food you eat. Raise **\$100 in donation** to get this duck dressed like a monkey!



Ski Dude says, give your heart a work-out every day. Kids need at least 60 minutes of moderate to vigorous physical activity each day. **Collect \$200 in donations** to get this cool duck!