

Highland Elementary officially kicked-off our annual Jump Rope for Heart program with the American Heart Association and we’re having so much fun!

Jump Rope for Heart is a program specifically designed to promote heart health in our students while also providing them an important opportunity to help other people.  We would love to see our students join our team page and commit to a health challenge:  be physically active 60 minutes a day, choose water over sugar sweetened beverages, or eat more fruits and veggies.

Please take a moment and help your student join our team at: [Highland Elementary](http://www2.heart.org/site/TR?company_id=63661&fr_id=3193&pg=company%20)

When students join, they will receive a glow in the dark wristband to thank them for taking care of their own hearts.  Should your family choose to support this cause with donations, you may make a donation on this page and you can share this opportunity with family and friends via email, ecards, or social media.  It really helps drive the mission of the AHA

THANK YOU!