

Heart&Stroke

JUMP

ROPE FOR HEART

Jump Rope for Heart is an event that allows children to raise money for the Heart and Stroke Foundation while also having an opportunity to have fun being physically active.

We are continuing in the tradition that was started last year, in memory of Ms. O'Shaughnessy, a former teacher at Roch. The focus will be to have whole school participation, rather than have prizes for individual fundraising efforts. Ms. O was a huge advocate for children to get outside and to be physically active. Team participation will be rewarded.

The date for Jump Rope for Heart is set for June 14, 2019. Whether it is two dollars or two hundred dollars, each dollar counts! So let's hop to it and start fundraising!

The link for online contributions is for those that prefer this option or have family members or friends who would like to support from outside the Ottawa area.

Thank you,
Jayne Doucette and MJ Arpin

