

Pick me as your avatar when you register online. Unlock accessories and dress me up!



Raise funds and earn cool prizes



Heart Foundation

JUMP ROPE
for HEART

How you can become a Heart Hero

Parents and Guardians Guide

Take this guide home and give it to your parent or guardian!



Have fun and learn new tricks



Sign up at
jump rope.org.au/parents

Your support gives hope to thousands of families that we can end heart disease

At the age of two, Isla had open-heart surgery to treat an atrial septal defect (ASD), which means she was born with a hole in the wall, or septum, that separates the top two chambers of the heart. Thankfully, Isla's story has a happy ending. The surgery was a success, and her condition does not affect her day-to-day life.



When Isla learned her school was doing Jump Rope for Heart, she felt a real connection to the cause.

'Mum, I can't go in the school talent show, because I don't have a talent. But this is skipping. I can do that and also help other kids like me'.

Isla registered for the program and not only improved her skipping skills, she finished the program as Carramar Primary School's highest fundraiser!



How your donations can help

For over 40 years, families like yours have helped make innovative research and future medical breakthroughs possible.



\$50 could cover the cost of basic tools like syringes and test tubes that researchers can use to grow heart cells in the lab.



\$100 could pay for a DNA test to identify people at high genetic risk of heart disease.



\$500 could cover the cost of research antibodies used to detect viral or bacterial infections in the heart.



*for full terms and conditions, visit jump rope.org.au/competitions



Information for parents and guardians

Jump Rope for Heart at your school

Your school is taking part in Jump Rope for Heart – a skipping and fundraising program aimed at getting your child physically active, whilst learning about how to keep their heart healthy.

As your child takes part in the program they will become a Heart Hero, raising funds that will go towards helping powerful new research to help end heart disease.

How do I get my child started?

- ☐ Register your child online.
Visit jump rope.org.au/parents
- ☐ Set your fundraising goal
Show everyone what you're aiming to raise.
- ☐ Make the first donation
It helps get things moving and sets the bar for others.



What's involved

Jump Rope for Heart is a fun way for your child to be more physically active, leading them to a future of better health outcomes and reducing their risk of heart disease in adulthood.

Your child's teacher will organise skipping activities during school hours and encourage your child to skip at home by using our online resources!

This year, we have extra prizes (for parents!) to be won. For every \$40 you raise, you'll go in the draw to win a \$300 VISA Gift Card*.

- ☐ Share your child's page with friends and family and ask them to donate to support your child's effort.
Every dollar you raise will help fund vital research, support and programs that help save lives.
- ☐ Log your child's skipping activity so they track their progress, earn virtual badges and unlock accessories for their avatars.

Sign up at jump rope.org.au/parents



Heart
Foundation

JUMP ROPE for HEART

Earn a prize for the
amount you raise!



\$5,000

\$500 Bike or Scooter
Voucher

+ one prize
from every
lower level



\$2,500

Castorboard

+ one prize
from every
lower level



\$1,000

Slam Ball Set



\$500

Mystery Prize Box



**BONUS
PRIZE!**

Paddle Bat Set
when you raise \$250 or more



\$250

Flight Ball



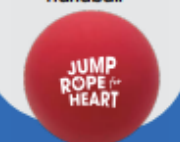
\$100

Shoot Ball
Animal (Lucky Dip)



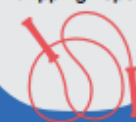
\$60

Handball



\$35

Mystery
Skipping Rope



National Heart Foundation of Australia (ABN 98 008 419 761). Students will receive only the prize indicated for the fundraising level achieved. Prizes may vary to that shown, including colours, designs, and models. The Heart Foundation reserves the right to substitute a prize with a similar product should the prize initially offered no longer be available. Students who raise \$250 or more will be entitled to receive the \$250 bonus prize as well as the respective prize for the total amount they have raised. Prizes will be sent out from the commencement of Term 2, 2023. Terms and conditions for participation (in addition to the above): 1. Prizes cannot be redeemed for their cash value. 2. Prizes will normally be delivered to the participant's school for distribution. 3. The Heart Foundation relies on information provided by each participant and cannot be held responsible for any information provided incorrectly in relation to funds raised by a participant. 4. Participants collecting cash donations must return the full amount raised, as detailed on the sponsorship form available at jump rope.org.au. 5. Jump Rope for Heart concludes at the end of the 2023 school year. Funds and paperwork for participants collecting cash donations are required to be returned to the Heart Foundation by 24 November 2023. Heart Foundation cannot guarantee prizes will be provided to schools if funds and paperwork are received after this date.