

Jump Rope for Your Heart

On January 12th, St. Charles Borromeo School students will be active contributors in saving many lives. Cardinals will jump rope and raise money for the heart and stroke research. This American Heart Association program is a national education based fund raising program that teaches the importance of daily physical activity and stewardship. It is a great way to show the community how important these vital research programs are to the St. Charles community and to the nation.

Stroke and heart disease are the nation's leading diseases of death and disability. Let's face it; the nation is just not taking care of their bodies. Ever more apparent is our children. Childhood obesity is a rising concern for many parents and physicians. The numbers of children with high cholesterol is overwhelming. It is important to send a message to our children that it is important to maintain a healthy diet and exercise at least 30 minutes everyday. This is St. Charles Borromeo School chance to show how much we care for our children and children around the world.

Jumping Rope for your heart sends a clear picture to the students of St. Charles that physical activity is important because it links the mighty dollar with something very tangible for them: Exercise. Some of the children might have already talked about this with the family. Coach Sandoval has already started engaging students in jumping rope. Many of them are very excited as this is a favorite physical activity for them.

Student will receive their fund raising envelope on January 12 and must turn in the money they raise everyday. Students have until January 26 to raise as much money as they can. The classrooms will compete for the most money raised and that victorious class will win a very special prize. In addition, the school will have a Wall of Honor and a Wall of Fame. The Wall of Honor is the opportunity for each student to buy a heart in honor of someone they know who has heart disease or had a stroke and share it with their St. Charles peers. Students will get the opportunity to buy a heart at lunch and place it on the wall in honor of their loved one. The Wall of Fame honors the top fundraising students each day for their extra special effort in raising money for research. Finally, three students will be honored as heart ambassadors at the end of the first and second weeks of fundraising for their exceptional efforts.

In these difficult economic times, it may seem impossible to give just a little bit more. The students may find that people are just not giving that little extra. This is what makes this even more vital for today. We must send a message to the community that even though we face a bumpy road, we still care about our health and the health of the community. So faced with the challenge of a struggling economy, we must be creative. Look in the car for that loose change. Instead of buying that soda at the gas station, give \$1.39 to the fundraiser. Every little bit helps us reach our goal. St. Charles has always been known as "the little school with a big heart." Let us honor Mac and all our loved ones that we lost to heart disease and give just a little bit more. This time our reward is a healthy body and knowing that we helped the community one more time.

Thank you for all your help.

Nicole Sandoval RN