

Jump Rope For Heart - Notes from Mrs. Clark, P.E. Teacher:

Healthy bodies help build healthy minds! We are gearing up for **Jump Rope for Heart, 2008!** Our Central Elementary event will be held **Thursday, February 28, 2008.** Students will participate in a variety of physical activities during their regular PE times. **Participating in these activities creates awareness for making healthy lifestyle choices for a lifetime.**

Students in grades 2-5 have the choice to participate in the fundraising. Family and friends can support students' participation by making contributions. **Children are NOT to go door-to-door or ask strangers for donations.** All checks should be made payable to the American Heart Association.

Students will receive **fundraising packets Wednesday, February 13, 2008.** The packets must be returned to Mrs. Clark by **Thursday, February 28th** to count toward the class incentives.

Each Student who brings in a contribution will get to sign the **Jump Rope for Heart t-shirt.** The student who receives the most contributions will win the t-shirt with all of the signatures. Each class is also competing to earn a special snack time with Mrs. Clark and her mystery guest.

Jump Rope for Heart is a fun event that helps our children understand the importance of community service and physical activity while helping save lives. Our efforts truly make a difference. For more information on Jump Rope for Heart and healthy lifestyle choices please visit www.americanheart.org/jump .

In conjunction with the Jump Rope for Heart that the kids are doing, the Central Staff will participate in the **Go Red for Women.** We have taken part in this for several years by contributing to the heart fund and thus being able to wear jeans on a designated Friday with something red on top. The **national Go Red for Women day is Feb. 2nd,** but since this is a Saturday, we will be participating on **Friday, February 29th** and including our contributions with the Jump Rope for Heart contributions, therefore making it a sizeable amount. We urge all of you to take part also!

Height & Weight Screening - A Note from the School Nurse - Julene Leshner:

Kearney Public Schools Health Services, working together with the University of Nebraska at Kearney, will be providing a health report card to help you keep track of your child's growth throughout elementary school. The school nurse, with the assistance of UNMC nursing students and the UNK Human Performance Lab students, will obtain height and weight measurements on each elementary student beginning January 29th. Your child's health report card will be sent home with his/her regular 3rd quarter report card in March. If you have any questions, please contact me through the school at 698-8040.

Box Tops for Education -

Keep those Box Tops coming for the Box Tops in Education project at Central! Central Elementary received a check for \$250 - the next deadline for school money is the end of February, so please drop off your Box Tops at the office by Valentine's Day. Thanks so much!

