



February 6, 2019  
Dear CES Families,

This year marks the 26th year that Colchester Public Schools (Jack Jackter Elementary prior to Colchester Elementary being built) will be participating in the annual Jump Rope for Heart sponsored by the American Heart Association. This year is their 40th anniversary of sponsoring the event which raises awareness and funds for heart health education.

Due to such a large participation the last three years, this year's event will be held on three consecutive days at the Colchester Elementary School gymnasium from 3:15 to 4:30 pm. The dates are as follows:

- **Monday, March 25th for Kindergarten**
- **Thursday, March 28th for Grade 1**
- **Friday, March 29th for Grade 2**
- **Snow dates: To be determined if needed**

Students are required to register through the "Join Our Heart Heroes" flyer's Youth Consent, Release, and Indemnification portion and color-coded permission form to stay for the Jump Rope program. Both of these forms will be provided by the school over the next week. These forms can be sent back in with your student. Students who do not have these permissions submitted by the date of their program will not be able to attend. Students must also have a note sent in on the day of the event to let us know that your son or daughter is definitely staying after school that day. Also, please consider joining the online registration as it works tremendously well. **(Instructions are on the "Join Our Heart Heroes pledge form) formerly Jump Rope for Heart. We encourage online participation to streamline the handling of funds.**

In order to streamline the process and cut down on paperwork, please send me an email at [dlevi54@colchesterct.org](mailto:dlevi54@colchesterct.org) if you'd like to volunteer or send in any healthy snack food items. In the past we've had grapes, oranges, water, and popcorn that can be popped. We also are very careful with food allergies so please do not send in any items with nuts or peanut oils for safety reasons. Contact me if you have any questions. If you want to volunteer you, must be on the volunteer list for Colchester Elementary School. You will need to fill out the Volunteer Application that can be found on [colchesterct.org](http://colchesterct.org) or in the CES office if you are not on the list.

Each and every year we look forward to this event. The students, staff, and community members that participate feel they make a difference. Last year we set an all-time record of \$31,642 and ranked number one in the state of Connecticut, an incredible achievement. Thank you in advance for any donations of funds or food items.

**This year's goal is to reach last year's record numbers and above. .** As always, we appreciate your efforts.

With respect,

Donald J. Levine  
Chairman, 25th Year  
Colchester Elementary School



