

# HEALTH & WELLNESS



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March 2023

## American Heart Association: Kids Heart Challenge

DWCA will be participating in the American Heart Association Kids Heart Challenge for the second year in a row. Last year we raised \$6,518!

This was an amazing accomplishment for our students and school community. This year our goal is to raise \$6,550. The top students who raise the most money from grades K-8 will get to Pie Coach Russo and 2 other teachers to be determined if our goal is reached. Join us in learning about heart health and raising funds to protect all hearts - especially other kids! Through fun activities during PE in the month of March we'll discover ways to take care of our hearts and brains while practicing kindness, gratitude and learning ways to de-stress. Plus, we have the chance to earn PE equipment for our school! Last year we earned \$500 in equipment! Our fundraiser event will begin March 6th and end on April 5th. Students will be receiving a sheet home after their PE classes that explains how to register online and how students can start earning cool prizes and key chains! To learn more information about our fundraiser check out the links below!

Click the photo to learn about the different KHC characters!

Learn about Finn's Mission

Scan the barcode for our school homepage





Dear Parent or Guardian,

It's time for the American Heart Association's Kids Heart Challenge™! When your student joins your school's KHC team, they will learn how to keep their hearts and brains healthy, get moving with fun activities, meet kids with special hearts and raise funds for the health of all hearts. Plus, they'll feel good for doing good!

YOUR STUDENT CAN ALSO EARN THE FOLLOWING THANK-YOU GIFTS.

REGISTER ONLINE:  
Wristband



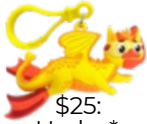
RAISE \$5:  
Hearty



\$10:  
Breeze\*



\$15:  
Jump Rope\*



\$25:  
Hydro\*



\$40:  
Dream\*



\$50:  
T-Shirt\*



\$75:  
Playground Ball\*



\$100:  
Marley\*



\$200:  
Baxter\*



\$250:  
Socks\*



\$500:  
Mystery XL Fidget Popper\*



\$1,000:  
Fitness Watch\*

\*plus lower-level gifts

Earn a Mystery Gift for every \$50 you raise! Up to 20 gifts.



**SIGN UP TODAY!**



1 Download our Kids Heart Challenge app or visit [heart.org/KHC](http://heart.org/KHC) to register.



2 Help your student choose a daily health challenge: MOVE MORE or BE KIND.

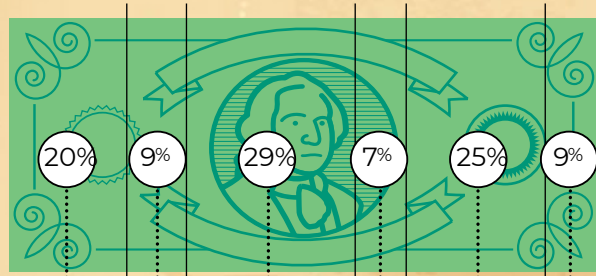


3 Set a fundraising goal with your student and send emails to invite friends and family to support it.

**HELP US GET 100% OF OUR SCHOOL FAMILIES TO LEARN HANDS-ONLY CPR**

Finn has worked for years with KHC to help raise awareness and support of kids with special hearts—like him. This year, he set a goal to get 1.8 million families to learn Hands-Only CPR, in honor of the 18 procedures he has had. You can help. Join KHC and take Finn's Mission to learn this lifesaving skill in under two minutes!

Complete Finn's Mission online to earn his exclusive Finn's Lifesavers Award!



**YOUR IMPACT**

Funds raised support initiatives including:

- scientific research & accelerating science
- improving quality of medical care
- preventing e-cigarette and tobacco use in youth
- improving nutrition security



**SCAN YOUR CHECKS!**

Use the KHC app to scan checks (and then shred them), and funds will immediately appear in your total online!



**DOUBLE YOUR DONATION!**

Ask your donor if their company provides matching gifts. Go to [matchinggifts.com/AHA](http://matchinggifts.com/AHA) to search company names.



*For nearly 100 years, the American Heart Association has been fighting heart disease and stroke, helping families and communities live happier, healthier and longer lives.*

Visit [heart.org/KHCforME](http://heart.org/KHCforME) for resources in other languages.