

February 1, 2024

Hello SMCS Families,

We will be kicking off our “Kids Heart Challenge” in partnership with the American Heart Association on Feb. 5<sup>th</sup> and 6<sup>th</sup> during PE class. We will be starting a Jump Rope unit in PE that coincides with this event to increase our fitness and raise our awareness of heart disease and congenital heart defects. Students will learn how the money they raise through this event can help kids with “special hearts.” This fundraising event will run through the month of February and end Feb. 29<sup>th</sup>.

We welcome the participation of all students with this voluntary, fundraising effort. If your child will be participating, you can register your child online for the event to aide with collecting funds and to make it easier for friends and family to donate. Go to **heart.org/Schools** and for school name type in **Soldotna Montessori** and our school will pop up for you to select when signing up your child, or download the **AHA Schools** app. **Scroll down to register if it is your first time logging in.** Directions are attached to this newsletter from American Heart Association.

Please feel free to email or call me at the school with any questions. I look forward to working with your children to make a difference for others.

Your child will be participating in many jump rope activities at school during this “Kids Heart Challenge,” so be sure to ask them about the new jump rope skills they are learning in PE class.

Thanks for all your support,

Kelli Boonstra (SMCS PE Teacher)

[kboonstra@kpbsd.k12.ak.us](mailto:kboonstra@kpbsd.k12.ak.us)

Office Phone # 907-260-5190

