



Jump Rope for Heart Coming Soon!!!

February 1 - 19, 2010, Sandburg students will be participating in Jump Rope for Heart at school during specials time.

Jump Rope for Heart is an awesome event! It encourages physical fitness and teaches life-long jump roping skills. For our participation, Sandburg will receive physical education equipment from the American Heart Association. With our tight budgets, this comes in handy!

While jump ropes will be made available for each student during class time, students may bring their own jump ropes for this event. This year the American Heart Association is also offering a speed rope and water bottle for \$15.

Families wishing to support their child and the American Heart Association in this way should return payment to me by January 15. Checks must be made out to the American Heart Association. Children will receive their purchased speed ropes and water bottles on their first day of Jump Rope for Heart at Sandburg.

If you have any questions please contact me at 303.347.4684 or email me at mrowe@lps.k12.co.us. Thank you for your support.

Michael Rowe