

DONATION FORM



American Heart Association
life is why™



SHAPE America
SHAPING THE FUTURE OF PHYSICAL EDUCATION
NATIONWIDE. REGIONALLY. LOCALLY.
SHAPE America and the American Heart Association collaborate on the Jump Rope For Heart program.

STUDENT'S FIRST NAME _____ STUDENT'S LAST NAME _____

GRADE _____ ROOM # _____ TEACHER'S NAME _____

NAME OF SCHOOL _____

EVENT DATE _____ RETURN THIS ENVELOPE TO TEACHER BY THIS DATE _____

I'M JUMPING IN HONOR OF _____

☐ I WANT TO GIVE MORE, SO PLEASE DO NOT SEND GIFTS. **PLEASE CONVERT ALL CASH TO A CHECK(S) PAYABLE TO THE AMERICAN HEART ASSOCIATION.**
All donors who make donations online will receive a donation receipt.

Don't forget to share your challenge with others. Here's a script you can use:

My school is participating in Jump Rope For Heart where I am learning how to keep my heart healthy. I accepted a challenge to:

- ☐ Choose to drink water instead of sugary drinks
- ☐ Be physically active for 60 minutes a day
- ☐ Eat a fruit or veggie with every meal

Will you accept this challenge with me? I've also set a goal to raise \$_____ to fund lifesaving research and programs that help our community. Please support me by making a donation to the American Heart Association.

Paid	Donor's Name and Challenge	Cash/Check or Money Order Donation	Online Donation	Company Matching Gift Forms*	TOTAL Donations
⑩	Julie Jump Rope- Eat a fruit or veggie with every meal	\$25.00	INCLUDE DONATION REPORT	\$0	\$25.00
○ 1.					
○ 2.					
○ 3.					
○ 4.					
○ 5.					
○ 6.					
○ 7.					
○ 8.					
○ 9.					
○ 10.					
○ 11.					
○ 12.					
○ 13.					
○ 14.					
TOTAL DONATIONS		\$	\$	\$	\$

If you have raised \$50 or more, you've earned a T-shirt! Please mark your size:

Youth: ☐ S ☐ M ☐ L Adult: ☐ S ☐ M ☐ L ☐ XL ☐ XXL ☐ 3XL

*Double Your Donations! Ask your sponsors if they work for a matching gift company and ask for their company form to include in this envelope. Example: \$25 donation = \$50 for your total donation. (FORM MUST BE INCLUDED WITH DONATION.) Check out matchinggifts.com/AHA for more information!

Jump Rope Pledge Form

Xiang Xie

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, located to the right of the name Xiang Xie.

Jump Rope Pledge Form:

Never Do Anything Ever Jim Benton, 2005 Beauty is only skin deep but hate goes all the way to the bone back cover

CAHPERD Journal, 2008 **Makers with a Cause** Gina Seymour, 2018-06-06 This quick start guide explains how to use inquiry to promote civic engagement in the school library makerspace and provides ready to use ideas for hands on service projects By creating for their community in the school library makerspace young people not only develop academic and cognitive skills but also learn to value building a culture of caring Award winning author Gina Seymour discusses her initiative to empower students to take an active role in making a difference and outlines how to implement similar programs in any school library setting The book may be used in school libraries in conjunction with a service learning model to extend the learning that takes place in classrooms and to make youth feel a valuable part of their community Numerous service project ideas are presented from simple low cost no tech craft based ideas to high tech projects including 3 D models and while the book focuses on youth in middle school and high school many projects may also be used in elementary school Detailed project instructions include tips for making programs inclusive for all youth and money saving tips to promote sustainability **The Beginner's Guide to Chick Night™** Colleen Kleven, 2011-07-08 Between family obligations and career commitments it can be challenging for women to find the time to enjoy their own lives For every woman who has uttered the words I just dont have time for myself The Beginners Guide to Chick Night offers a warm and witty look at practical ways women can return to their rightful place on their own list of priorities Author Colleen Kleven co founder of the Hammer Chapter of Chick Night and founder of Chick Night International shares an easy to follow handbook filled with practical advice that will help women everywhere recharge their batteries and learn to start having fun again Based on real life experiences spanning ten years in the lives of three women Kleven's light hearted guidebook presents ways women can bond with other women in order to reconnect with themselves while sharing recommendations from women who have experienced the intrinsic rewards of friendship that accompany a weekly Chick Night Fortunately there is a way for women to regain control of their lives and rise above a seemingly endless list of responsibilities Its called true friendship and the laughter chocolate and encouragement that come with it are just added bonuses **Advancing the Civil Rights Movement** Michael DiBari Jr., 2017-02-15 Advancing the Civil Rights Movement Race and Geography of Life Magazine's Visual Representation 1954-1965 examines the way Life Magazine covered the civil rights movement visually and geographically Michael DiBari addresses Life's visual impact and representation in the struggle for equal rights *The Poetry Corner* Arnold B. Cheyney, 1982 Contains lessons and activities designed to teach children to write poetically and to appreciate poetry in both formal and informal settings **Guide to American Speech Week** National Council of Teachers of English, 1921 **Scouting**, Published by the Boy Scouts of America for all BSA registered adult volunteers and professionals Scouting magazine offers editorial content that is a mixture of information instruction and inspiration designed

to strengthen readers abilities to better perform their leadership roles in Scouting and also to assist them as parents in strengthening families *Scouting* ,1992-09 Published by the Boy Scouts of America for all BSA registered adult volunteers and professionals Scouting magazine offers editorial content that is a mixture of information instruction and inspiration designed to strengthen readers abilities to better perform their leadership roles in Scouting and also to assist them as parents in strengthening families Love on Strike Janice Boies,1990 For age 11 and up **Gaskell's Compendium of Forms** George Arthur Gaskell,1889 **The Delineator** ,1901 **Nutrition Across Life Stages** Melissa Bernstein,Kimberley McMahon,2022-02-02 Good nutrition is a critical component at every stage of life Nutrition Across Life Stages Second Edition covers topics applicable and relevant for entry level Nutrition and Dietetics students who are focusing their study on nutritional requirements and challenges during each life stage The text clearly and comprehensively presents the impact of nutrition on people across the life cycle moving through each life stage by first highlighting normal nutritional needs before delving into the implications of nutrition for health and disease at each particular stage of life Each new print copy includes a 365 day Navigate eBook access Instructor resources include test bank slides in PowerPoint format image bank and instructor s manual with learning objectives chapter outlines answers to in text questions and more Incorporates the most current evidence based research available including the newest edition of The Dietary Guidelines for Americans 2020 2025 which emphasizes dietary patterns at every stage of life Includes updated and expanded discussions on nutrition related conditions and diseases throughout the life cycle Provides updated and expanded discussions on common nutrition considerations during each stage of life Includes a Case Study at the beginning of each chapter to illustrate how topics discussed in the text might appear in a real life setting Case studies are revisited throughout the chapter building in concert with the foundational material Presents News You can Use features that highlight topics of special interest to students usually anchored in current nutritional science research Chapters conclude with a Learning Portfolio which includes an array of student centered resources and activities 2023 600 pages **CAHPERD Journal Times** California Association for Health, Physical Education, Recreation and Dance,1990 **Resources in Education** ,1984 **The King of Illustrated Papers** ,1901 **The Academy** ,1899 *Gaskell's Compendium of Forms* George A. Gaskell,1884 Gaskell's Compendium of Forms, Educational, Social, Legal and Commercial, Embracing a Complete Self-teaching Course in Penmanship and Bookkeeping and Aid to English Composition George A. Gaskell,1883 **Gaskell's Compendium of Forms, Educational, Social, Legal and Commercial** George A. Gaskell,1889

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web 1 make a stack of 5 or 6 popsicle sticks and rubber band them together on each end 2 take two additional popsicle sticks and stack them together rubber band them together on just one end 3 pull the two popsicle sticks slightly apart and place the larger stack of popsicle sticks in between them 4