



## Long Meadow Families, Get ready for Kids Heart Challenge!

It's time for the American Heart Association's Kids Heart Challenge! As a Kids Heart Challenge Heart Hero, your student will meet kids with special hearts and raise funds for the health of all hearts. They'll also get moving with fun activities, learn about keeping their hearts and brains healthy and feel great for helping others. Join today! Not only will you be helping fight heart disease and stroke (the No. 1 and No. 2 killers worldwide), but participants can earn fun thank-you gifts AND earn P.E. equipment for their school!

### Here's how it works:

- Your child will receive their fundraising envelope.
- Start by downloading the Kids Heart Challenge app or visiting <http://www2.heart.org/goto/longmeadow> to register.
- Help your child to select a personal challenge: *Be Kind or Move More.*
- *Work to complete Finn's Mission—you'll learn lifesaving skills like hands-only CPR*

### Important information for our event:

This is an in-class PE event experience brought to you by Mr. Mette Raise \$150 & your student will get to help slime Mr. Mette during our celebration  
If the school hits \$10,000, Mr. Wescott will be slimed!

Thank you for your support,  
Mr. Mette

Donations collected will help kids like Finn.



### FINN, 1ST GRADE

VIRGINIA

Finn was born with multiple heart defects and spent the first eight months of his life in the hospital. Finn has had 14 heart surgeries and over 18 medical procedures to give him the gift of life. Today, an energetic Finn loves to have fun.

**HEART.ORG/KHC**

Your student can also earn the following thank-you gifts:



REGISTER ONLINE wristband

**RAISE \$5 CREW**



**\$10 SKY**

plus lower level gifts

**\$15 JUMP ROPE**

plus lower level gifts



**\$25 LEE**

plus lower level gifts



**\$40 FLASH**

plus lower level gifts



**\$50 T-SHIRT**

plus lower level gifts



**\$75 PLAYGROUND BALL**

plus lower level gifts



**\$100 BANKS**

plus lower level gifts



**\$200 AMOR & MAX**

plus lower level gifts



**\$250 SOCKS**

plus lower level gifts



**\$500 POPPER**

plus lower level gifts



**\$1,000**

**2 SPEAKER SET**

plus lower level gifts



Complete Finn's Mission online to earn Finn's exclusive Lifesaver Award!



**NEW! BONUS MYSTERY GIFT!**



Earn a **MYSTERY GIFT** for every \$50 you raise!

Collect all 6!