



Our school is getting ready to kick-off the [socially distant] **KIDS HEART CHALLENGE!** We are so excited to participate in this service-learning program from the American Heart Association. Kids Heart Challenge will teach your student how to care for their hearts-- physically and emotionally-- while raising lifesaving donations.

Even with the impacts of COVID-19 present, heart disease remains to be the leading cause of death in America, AND COVID-19 is in fact causing heart disease in otherwise healthy individuals- To learn more about the heart and COVID-19 impacts, [Click Here](#)

Beginning next week, *(watch for additional information to follow)* we will start learning about the work of the Am Heart Assoc and **challenge students** to start living a healthy lifestyle. With the help of our friends, the **HEART HEROES**, our school is going to have fun while learning!

All of the Heart Heroes have a [special message](#) as they teach our students about heart health. Please make sure you ask your student what they are learning from their new friends!

Your student will earn a secret decoder wristband just for registering online! They can wear it proudly so they are reminded of their heart healthy goals. **When 50% of more of the students in a class register - the classroom teacher will be eligible to win a \$25 gift card!**



Once your student collects a donation they will start earning their own Heart Heroes to clip to their backpacks! Be sure to look for the special mark on all of our heart heroes. When scanned, each mark delivers a fun virtual experience, via the FREE mobile app: **Kids Heart Challenge**

Here are four easy steps to get your student registered for this year's Kids Heart Challenge:

1. Go to your school's KHC page: <http://www2.heart.org/goto/stpaullutherschoolappleton>
2. Click on the Sign Up button
3. Create a username and password (or use last year's) and then fill out the registration form
4. Share your personal fundraising link and heart healthy message with friends and family.

While our heart Heroes are teaching our students how to KEEP their hearts healthy, we also want to recognize that some kids are BORN with unhealthy hearts (1/100 babies actually!) and at the American Heart Association we are working tirelessly to fund research to help fix unhealthy hearts.

Click [Finn's Story](#) to see how you are making a difference.

Thank you for joining us as we challenge each other to keep our heart healthy and raise donations for kids with special hearts.