

It Date

Jump for healthy hearts

Fundraise online. It's secure, it's easy and kids who raise funds online earn more prizes. Online bonus prizes include a skipping rope and gift cards for Indigo, Toys"R"Us, and Canadian Tire!

Get started

- 1** Ask your parent/guardian for help
- 2** Go to jumpforheart.ca and click register
- 3** Choose your province
- 4** Join your school

That's it! Now you are ready to share your personal fundraising page by email, or social media with your family and friends.

Fundraise Online! jumpforheart.ca

All students are encouraged to participate in Jump Rope for Heart whether they collect donations or not.

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BFS Director.

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