



Date: 5 May 2023



We are delighted to inform you that KJS has again joined the Jump Rope For Heart (JRFH) Program this term. The mission of JRFH is to motivate our younger generation to develop a heart healthy lifestyle through exercise, thus reducing the risk of heart disease and stroke. Year 5 students as part of their Health Related Fitness unit will participate in a sponsored 'Jump Off' here at KJS on Tuesday, 16th May. This event will involve all students in Year 5 and give them the opportunity to learn skipping skills and a new form of exercise. Rope skipping is an excellent form of aerobic exercise which can be managed easily, anywhere, anytime.

THE 'JUMP OFF'

On Tuesday, May 16th our year 5 students will attempt to skip for 1 hour non-stop. They can rest whenever they need to but each house team must always have a minimum number of people skipping at any one time.

RAISING FUNDS

Students will receive a sponsorship envelope to collect donations. *Sponsorship envelopes will be handed out to students on Tuesday, May 9th. Money raised will help fund heart health education, the JRFH program and the Hong Kong College of Cardiology. In addition, KJS will receive 15% of the funds to support future health related initiatives. Parents can decide whether to donate or not, nevertheless, please help to share the healthy heart message written on the collection envelopes with friends and relatives.

*** The sponsorship period will commence from May 9th to May 19th. Envelopes should be sealed and handed to the KJS office staff before Friday, May 19th.**

