



KOWLOON
JUNIOR SCHOOL
九龍小學

Success for Every Child



Date: 6 May 2024



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 Monday 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 Monday, 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

Kowloon Junior School 九龍小學

20 Perth Street • Homantin • Kowloon • Hong Kong • 香港九龍何文田巴富街20號

Tel 電話 +852 37658700 • Fax 傳真 +852 37658701





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Students will receive a sponsorship envelope to collect donations. **Sponsorship envelopes will be handed out to students on the week beginning 6th May.* 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 6th to May 24th. Envelopes should be sealed and handed to the KJS office staff before Friday, May 24th.***

