

PRESS RELEASE

Lee County Public Schools

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SUBJECT: **STUDENTS TO PARTICIPATE IN JUMP ROPE FOR HEART EVENT**

Things are going to be jumping at **San Carlos Park Elementary School** – literally!

That's because on **Friday, February 17th**, the school is participating in a Jump Rope for Heart event. All students in grades K-5 will be taking part with the goal of having students learn more about their hearts, and how they can keep them healthy.

"The students have a great time jumping rope while learning about heart healthy activities," said Jeff Cargo, the school's physical education coach who organizes the event every year. "It's very exciting to see all the efforts of each child come together during the Jump Rope for Heart event."

The schedule for the event (2/17) is as follows:

- 5th Grade: 8:15 – 8:55 a.m.;
- 4th Grade: 9 – 9:40 a.m.;
- 3rd Grade: 9:45 – 10:25 a.m.;
- 2nd Grade: 10:30 – 11:10 a.m.;
- Kindergarten: 11:55 a.m. – 12:35 p.m.;
- 1st Grade: 12:40 – 1:20 p.m.

Jump Rope for Heart began over 30 years ago and takes place at thousands of schools all across the nation. This program helps students learn about the benefits of regular physical activity and heart health. It also teaches children the value of giving back to those in need.

During the Jump Rope for Heart lessons, San Carlos Park Elementary students are reminded that there are other students just like them that are experiencing heart conditions. When they "jump rope for heart" they are supporting the American Heart Association as they help people live longer, healthier lives.

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