

## **PHYSICAL EDUCATION**

February is Heart Month!

Get ready for the American Heart Association's Kids Heart Challenge (KHC)! This year, our school will be learning about staying strong in body and mind, we'll get moving with fun activities, meet kids with special hearts and raise funds for the health of all hearts. Plus, they'll feel good for doing good! Our kickoff event will take place during the school day February 13th! All classes will be participating in a Kids Heart Challenge Obstacle Course during PE class from March 4th through March 8th!



Download the Kids Heart Challenge App or visit [https://www2.heart.org/site/SPageNavigator/khc\\_resources\\_search.html](https://www2.heart.org/site/SPageNavigator/khc_resources_search.html) to register today and earn your own Heart WRISTBAND so you can help to maintain a healthy heart!

Thank you for keeping more hearts beating strong!

Once you've registered, start Finn's Mission and complete the challenges. As a family you can help to create a community of lifesavers by learning the lifesaving steps of Hands-Only CPR. It's quick, easy, and fun! Learn more about Finn and his special challenge by visiting: [2021ym.s3.us-east-2.amazonaws.com/KHC\\_finn-s\\_mission\\_first\\_cut\\_master\\_for\\_viewing.mp4](https://2021ym.s3.us-east-2.amazonaws.com/KHC_finn-s_mission_first_cut_master_for_viewing.mp4)