

Parents,

On Thursday, February 9, we are having a "Heart Healthy Awareness Day" and doing *Jump Rope for Heart*. Students who want to participate are to bring healthy foods for lunch to share with their class. Starting around 10:30 all classes will gather in the gym for our Jump Roping for Heart Health. Each class will do a short demonstration of their jumping skills and a class routine for older grades. Also, there will be a competition for the longest time jumped without mistakes. Participating will be one boy and one girls from each class grades 1-8. After that a few teachers will have a competition. We will then have our heart healthy lunch in the gym. All parents are welcomed, but would need to bring a little extra heart healthy foods for their child's class table.

This year we are adding something new to our day. Each Homeroom or Classroom Teacher will fix a healthy chili for their class. Some students will be asked to bring an ingredient such a can of tomatoes, onion, pound of meat, can of beans (black, pinto, kidney, etc.), or some other item the teacher may need. This would be needed no later than Wednesday, February 8.

Thank you,

Georgia Tisdale, Physical Education Teacher

Some suggested heart healthy foods:

- * Raw nuts, seeds(sunflower, pumpkin, i.e.)
- * Cut up fruits and vegetables, healthy dips for the raw vegetables
- * Humus with healthy chips
- * Homemade Trail Mix
- * Dark chocolate melted over nuts
- * Homemade cookies made with less sugar and healthy ingredients such more oatmeal.
- * Salsa, guacamole, and chips made with whole ingredients

Things to consider: Non GMO foods, organic foods, and less processed food are good choices. Low fat and fat free products are usually processed and **not** heart healthy as was once thought. Reading labels to check ingredients and making sure there is **no partially hydrogenated oil**(super unhealthy heart ingredient) in a food is important.