



# LET'S GET MOVING TRAVELL FAMILIES!

Can we travel across America?

February 1 – February 26

Dear Parent or Guardian,

It's time for the American Heart Association's Kids Heart Challenge™! By participating in Kids Heart Challenge, your child will raise funds to help kids with special hearts and make all communities healthier. They'll also learn about taking care of their hearts and participate in cardio-pumping challenges. Plus, your school can earn PE equipment and your child can earn fun thank-you gifts!

Start today to enjoy educational, fun online experiences and raise funds. Everything can be done easily online with our Kids Heart Challenge app or website. Send emails, texts and post social media messages to collect donations online. Make a pledge to move more as a family and track your progress with our free online Move More tracker. *Tip: if you receive checks, use the app to scan them and have the amount immediately added to your child's total.*

### STEPS TO GET STARTED:

- 1 Download our app or visit [heart.org/KHC](http://heart.org/KHC) to register.
- 2 Ask your child to select a personal health challenge: move more, be kind or choose water.
- 3 Set a fundraising goal with your child and send emails to invite friends and family to support it.



Join us 2/1 – 2/26

Track your movement as a family so we can

**TRAVEL ACROSS THE AMERICA,  
TRAVELL!**

The goal is for EVERYONE to register (even if you don't donate)

Select the MOVE MORE challenge!

In order to track your progress- please sign up using the directions above. If each student at Travell donates \$5- we can raise almost \$2,000 for the AHA!

Questions? [llauro@ridgewood.k12.nj.us](mailto:llauro@ridgewood.k12.nj.us)

Your student can also earn the following thank-you gifts.



REGISTER ONLINE wristband

RAISE \$5 DASH



\$10 SAM  
plus lower-level gifts



\$15 SPAGHETTI YO-YO  
plus lower-level gifts



\$25 IKER  
plus lower-level gifts



\$40 KAI  
plus lower-level gifts



\$50 T-SHIRT  
plus lower-level gifts

\$75 PLAYGROUND BALL  
plus lower-level gifts



\$100 JOURNEY  
plus lower-level gifts

\$200 TAYE & SCOUT  
plus lower-level gifts



\$250 SOCKS  
plus lower-level gifts

\$500 BALL LAUNCHER  
plus lower-level gifts



\$1,000 SPEAKER  
plus lower-level gifts

Donations collected will help kids like Finn.

### HEART HERO



Finn, age 6, Virginia

Finn was born with multiple heart defects and spent the first eight months of his life in the hospital. Finn has had 14 heart surgeries and last year underwent a customized procedure to correct his special heart anatomy and give him the gift of life. Today, an energetic Finn loves to have fun.

