

Help Our School Create a Nation of Lifesavers!



Hello All!

Our school's American Heart Association **Kids Heart Challenge will be kicking off soon!**

Our students will be learning about staying strong in body and mind. We are asking for your help to reach our goal of 100% of our families learning the lifesaving skill of Hands-Only CPR. Please take a moment to watch this video of [5-year-old Phil and his mother, Megan](#). Earlier this year, they saved a life because they watched the Kids Heart Challenge Hands-Only CPR video.



Get started early and be the first at our school to complete Finn's Mission!

- **Register:** www.heart.org/schools or download the free "AHA Schools" app.
- **Complete Finn's Mission:** Watch the 2-minute Hands-Only CPR video featuring cardiac arrest survivor, Damar Hamlin, and watch a music video on the warning signs of a stroke (F.A.S.T.).
- **Share with Family & Friends:** Send messages via social media, text messages and/or email.

I can't wait to see our school create a community of lifesavers this year.

Thank you,
Mr. Gramer
Health and Physical Education Teacher

