



Saint Jude Elementary

122 St-Jude
Deux-Montagnes (Québec) J7R 3L6
T 450 621-7805
stjude.schoolqc.ca

**AN ENGLISH
EDUCATION,
A BILINGUAL
FUTURE**

**UNE
ÉDUCATION
EN ANGLAIS,
UN AVENIR
BILINGUE**



COMMISSION SCOLAIRE SIR-WILFRID-LAURIER
SIR WILFRID LAURIER SCHOOL BOARD



April 25, 2025

Dear Parents,

This year, Saint Jude Elementary is participating in a Jump Rope for Heart event where students and their families, friends, and others will have 4 weeks to raise funds, online, in support of the Heart and Stroke Foundation. This foundation redistributes the funds that are raised for a multitude of different capacities concerning heart disease and strokes. Our fundraising goal for this year is \$2000.

Below is a step-by-step document to facilitate your enrollment online. All of the fundraising is done online: [How to Register Your Child](#). Once registered, there are numerous ways to share the fundraising page with others who are willing to contribute to our fundraiser, including an easy-to-use QR code!

Plus, depending on how much students can raise, students will be receiving online gift cards from their choice of Amazon, Indigo and Wal-Mart! All information can be found on the JumpRopeForHeart.ca website.

The following is the link to access our Saint Jude Elementary School fundraising website: [Saint Jude Jump Rope for Heart](#).

This year, our event date will be on Thursday, May 15th, where classes will be rotating through a series of heart-activating stations, outside in the schoolyard, as a celebration for the end of the fundraiser.

We thank you so very much in advance for your generosity and cooperation!

The Jump Rope for Heart Committee



Presenting Partner



Dear parents/guardians,

Our school is participating in Jump Rope for Heart – an event that will encourage our students to get active, build healthy habits and give back to our community.

Here are the top reasons why we're participating in Jump Rope for Heart:

1. Money raised by our school helps drive important heart and brain health research that will save lives, prevent heart disease and stroke, and support families living with these conditions.
2. Jump is an inclusive event that ensures all students can move in their own way by jumping, dancing, wheeling and even hula hooping – encouraging students to discover new and exciting ways to get active.
3. Students learn the EASY Healthy Habits that they can use to keep their hearts and brains healthy and help reduce their risk of developing heart disease and stroke later in life
4. Jump gives back to schools and students! If our school fundraises more than \$1,000, we will receive 5% of our fundraising dollars back to put towards what we need most – or we can donate it back to Heart & Stroke. Students also can earn Thank You gift cards from *Indigo*, *Amazon* or *Walmart* based on their fundraising levels as a heartfelt thank you for their hard work.

Join our school's team to help Heart & Stroke save lives Register online by clicking on the school page link below or by visiting jumpropeforheart.ca/registration and searching for our school.

To access the EASY Online Challenge, fundraising tips, emails and social templates, visit jumpropeforheart.ca.

Our Jump Event Day is on:

Thursday May 15

School Page Link:

[Saint Jude Elementary School](#)



© Heart and Stroke Foundation of Canada, 2024 | ™ The heart and / Icon on its own and the heart and / Icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada. The Desjardins Financial Group logo and brand are registered trademarks of the Fédération des caisses Desjardins du Québec. Prior authorization is required for any third-party use of a Desjardins logo to ensure our logo and brand are used appropriately. Authorization is granted for a specified period of time.