Friday 17 September 2010

**JUMP ROPE FOR HEART 2010**

On **Thursday 23 September** Lurnea Public School will be holding a **JUMP ROPE FOR HEART** Fun Day. It is a fundraiser and awareness day for the Heart Foundation of NSW.

The students will be participating in a JUMP OFF, which will be held during one session of the day, consisting of many tabloid activities involving skipping and other healthy heart physical movement skills.

Donations of a **GOLD COIN** will be collected in the morning by our SRC representatives to donate to the Heart Foundation of NSW. If you wish to support this cause further, you are encouraged to donate online using a credit card. Use the following link to donate nominating our school or see our website for a direct link.


Students are encouraged to wear something red on this day, but a school hat, sports shoes and covered shoulders (no singlets) will be required. Please also supply water for your child.

The canteen will be offering Healthy Meal Deals as well as fruit kebabs and other healthy heart treats on this day.

**MEAL DEAL 1**

$4.00

**SALAD WRAP** (Ham or Chicken)

+ 1 piece fruit + 1 small water

**MEAL DEAL 2**

$4.00

**CHICKEN BURGER** (Lettuce and Mayo)

+ 1 piece fruit + 1 popper

These meal deals may be pre-ordered or ordered on the day FROM THE CANTEEN.

The **Heart Foundation Jump Rope for Heart** raises money to continue their lifesaving research and health programs. We thank you for your support of this wonderful organisation.

Mrs V Barford
Mrs D Robertson
(organising teachers)

David Sim
Principal (Rel)