



Save the DATE

HOOPS FOR HEART will be held on

February 22-26th during PE class

“Jump”, “Shoot” and “Save” today!
on-line registration is now OPEN

Go to: www.americanheart.org/hoops

And follow the instructions to your right

This is a wonderful family project for winter break or a snow day.

Want to get donations online? Here's how:

Step 1: Sign up!

- Visit www.americanheart.org/hoops and click Register to get started
- Click on your state that you live in
- Enter OUR in school's name or enter Vienna city & click Search to find your school.
- Click on your school's name and then Join Team!
- Choose the Student option, select level for personal donation, and click Next Step
- Enter your first name, last name & email address; Create your username/password
- FOR PARENTS:** Read and agree to terms in Waiver and click on Next Step
- Complete Registration

Step 2: Create your Web Page!

- Once signed up, you can create your own Web Page!
- Click the HeartQuarters link and then Personal Page
- You can share your own photo and tell people why Jump Rope For Heart is important to YOU!

Step 3: Send E-mails

- Click the E-mail link to send a personal message to your friends and family so they can visit your Web Page to make a donation!
- We've started some e-mails for you — or you can create your own message!
- To send e-mails, just enter an e-mail address in the Send to box and click on Send
- Parents can help with this at home! They can use the Address Book Import feature to quickly import address lists from Yahoo, GMail, Outlook and other e-mail applications into your HeartQuarters. Just click on Address Book in HeartQuarters.

Step 4: Check your HeartQuarters — often!

- You can check your HeartQuarters page often at school or at home to send more e-mails, change your photos and see how much money you have raised!
- Be sure to write your online fund-raising total on your envelope so that it's included in your school's overall fund-raising total.

THANKS FOR BEING A HEART HERO!!