

**Penn-Delco School District
2821 Concord Road
Aston, Pennsylvania 19014
610-497-6300**

**PRESS RELEASE
FOR IMMEDIATE RELEASE**

February 13, 2012

“JUMP ROPE FOR HEART” A HUGE SUCCESS

Aston, PA: During the week of January 30th students at Aston Elementary and Coebourn Elementary participated in each school’s first ever Jump-a-thon. All students in grades 1-5 participated in the activity. Both schools “jumped all over “heart disease and stroke by participating in a variety of seven different heart pumping cardiovascular stations during their Physical Education classes. The stations included everything from cruising through a heart maze on a scooter to individual jump rope tricks and skills while ending up dancing the day away at the Just Dance for Wii station.

Throughout the school year, students have been learning and exploring different ways to keep their hearts healthy through good nutrition and exercise. The students discovered how intense a Jump Rope workout could be and decided to make it a mission to educate others about the importance of overall heart health. Through the Jump Rope for Heart Program the students at Aston Elementary raised more than \$6,100 for the American Heart Association and the students at Coebourn Elementary raised more than \$4,500. All told, more than \$10,000 was raised by our students to fight heart disease!

The community and school support for this program was tremendous! “I’m so pleased with the success of this year’s event,” said Mrs. Johnston, PE Teacher and Jump Rope for Heart coordinator. “We all had a lot of fun, worked hard, and the kids enjoyed learning about the importance of physical activity and how they can play a role in saving lives.”



(Photo by David Kelso, Aston parent)