

District 158 news & information

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NEWS RELEASE

Ninth Year for Jump Rope for Heart Program Participation at Chesak Elementary School

It's that time of the year again – frigid temperatures outside, but lots of kids will be sweating inside the gym at May Chesak School in Lake in the Hills! Over the next couple of weeks, students in Kindergarten through grade 2 will be participating in the annual Jump Rope for Heart fundraiser for the American Heart Association.

Students have been practicing their jump rope skills during their Physical Education classes in preparation for the event on March 4, 5 and 6. Nearly 1,200 students will participate with their classmates in an effort to raise money for the American Heart Association.

Funds raised are used for public health education, research and community services. Students also learn how heart disease can affect the body and ways to help prevent it, focusing on exercise! Last year the students at Chesak raised over \$32,000!

This is the ninth year Chesak is teaming up with the American Heart Association to promote health and wellness to our students and the community.

The Chesak Physical Education staff would like to thank Chesak family members and the many volunteers from the community without whom this event would not be possible.

Chesak Elementary School is located at 10910 Reed Road, Lake In The Hills, Illinois 60156. Please contact the Chesak Physical Education department at (847) 659-5700 for more information or go to www.americaheart.org.