



## February : National Heart Health Month

- ♥ Feb. 4: All GCISD Employees are encouraged to “Wear Red”
- ♥ All month the Elementary P.E. classes will be learning about the importance of having a healthy heart and how to keep your heart healthy.
- ♥ Elementary students will start raising money for Jump Rope for Heart from Feb. 1 – Feb. 18.
- ♥ Elementary Students will also have the option of competing in a poster contest.
- ♥ February 18th all Jump rope for heart money and posters are due.
- ♥ February 19th we will be holding our “Jump Rope for Heart” event in the Elementary Gym. Parents are invited to come during their students P.E. time and participate.