



The Kids Heart Challenge will take place in Physical Education class during the week of February 13, 2023. To learn more about being a heart hero, please click the link below:

[https://d42r08io5j7nw.cloudfront.net/ym\\_khc\\_2022\\_character\\_intro.mp4](https://d42r08io5j7nw.cloudfront.net/ym_khc_2022_character_intro.mp4)

**To sign up your child(ren) to be a heart hero,  
please use the three steps below**

### 3 easy steps!



Download the Kids Heart Challenge app or go to [www.heart.org/KHC](http://www.heart.org/KHC).



- Choose a student health challenge
- Join the Family Move More Challenge



Collect donations and earn thank-you gifts and online badges.

**You can also scan this QR code to get started as well:**



All donations either online or by check are due to your child(ren)'s homeroom teacher by **Friday February 17, 2023**.

Thank you for supporting the American Heart Association by participating in the Kids Heart Challenge!

If you have any questions, please contact Mr. Harcarik at [kevin.harcarik@bearcreekschool.com](mailto:kevin.harcarik@bearcreekschool.com)