Recipe for Success:
Morning Meeting Kicks Off Jump Rope For Heart

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We are a “responsive classroom” elementary school with 600+ students, 50+ faculty and staff, with 30 classrooms in grades K-5. Our entire school supports our JRFH/HFH events, so why not design and implement a “morning meeting” kick-off event to explain our purpose, showcase our students, and promote physical education? What follows is our recipe for success:

Ingredients:
- Support from administration
- Set date for morning meeting 2-3 weeks before your JRFH/HFH event date
- Select a “Heart Hero” guest speaker (a former student shared her experience as an open-heart surgery survivor)
- Showcase physical activity mini-performances (jump rope, gymnastics, speed stacking, etc.)
- Design a challenge against an administrator and one of your PE teachers (we had a basketball shoot out with a student paired up with our administrator, and a student paired up with our PE designee)
- Get support from American Heart Association (AHA) staff! (We had life-size, cut-out puppies to display the incentives and thank-you gifts)
- Collaborate with other specialists (our art and music departments were very supportive)
- Play the JRFH/HFH marketing video for all to see!

Process:
Mix all ingredients together for the perfect plan to inform your entire school about the details of your mission, your event, and the individuality of your school. Get students fired up for an extra special event that encourages the core components of the AHA school resources. Set a timer for 20 minutes and observe the results as you and your students, parents and administrators collaborate to ensure success for your school and heart-healthy habits!