



American  
Heart  
Association.



**Support heart health and the American Heart Association!**

**PIERRE LACLDE JUNIOR  
CAREER ACADEMY  
LET'S MOVE FOR OUR HEARTS!**

- |                                  |  |
|----------------------------------|--|
| <b>Monday: 4/4 &amp; 4/11</b>    | <b>Let's Jump for your HEART.</b><br>Donate funds to class Jar and wear your crazy socks!  |
| <b>Tuesday: 4/5 &amp; 4/12</b>   | <b>Hopscotch to HEART Health</b><br>Donate funds to class jar wear your favorite hat!  |
| <b>Wednesday: 4/5 &amp; 4/13</b> | <b>Physical Education is the key to a healthy HEART</b><br><b>Let's Get Fit Obstacle training</b><br>Donate funds to class jar and dress in your favorite sports gear! |
| <b>Thursday :4/7 &amp; 4/14</b>  | <b>Operation Hydration for a healthy HEART</b><br><b>Wear Sports Themed Clothing</b>   |
| <b>Friday:4/8 &amp; 4/15</b>     | <b>Wear Red or PLJCA Attire</b><br><b>Balloon Pop and Hop Day</b><br>Donate funds last collection Day wear RED or PLJCA clothing to promote being HEART healthy!       |

All students will earn prizes during the week will be allowed to draw for the prize bank that will be set up in the gym. Official Draw Date will be Friday April 15, 2022. **The Class that comes in First Place will receive a Free PIZZA PARTY**

**\$ 2 Donation max for all Students**

Each day a student can make their donation to the class jar in your classroom, or click here on this website to make an online donation:

<http://www2.heart.org/goto/laclede>

**Heart Disease is the #1 Killer in the United States. 1 out of 5 children are obese in the U.S. We are learning how to be heart healthy in PE and helping others. Please join us for our spirit weeks April 4 – April 15, 2022**