

By Jan Schultz

The Imperial Republican

Elementary students in grades K-6 at Chase County Schools will again be jumping and shooting to fight heart disease and stroke, the nation's No. 1 and 4 killers.

On Feb. 14, the school will host its seventh annual Jump Rope For Heart and its sixth annual Hoops for Heart events to raise funds for the American Heart Association.

Jumping and shooting will take place during the physical education classes taught by Jodie Schuller. K-4 students participate in the Jump Rope for Heart, while grade 5-6 do the Hoops for Heart, Schuller noted.

The two events, in addition to raising money for the Heart Association, teach students how physical fitness benefits the heart and shows how volunteering can be a positive experience for the entire community.

The need to educate students and parents about the importance of physical activity is timely, officials say, with recent studies showing one-third of children ages two to 19 are overweight and obese.

Schuller said students will be seeking donations from friends, relatives and neighbors, and all monies need to be submitted by Feb. 14.

Schuller said a group of girls from her classes will be jumping rope at the final home basketball games of the season on Feb. 15 when the boys host Sutherland.