



Kids Heart Challenge is HERE!

Long Meadow Families, Kids Heart Challenge™ has officially kicked off!

Signing up is as easy as 1, 2, 3...

1. Start by downloading the Kids Heart Challenge app or visiting our school's link below
2. Help your child to select a personal challenge: *Be Kind* or *Move More*.
3. Become a Heart Hero by sending emails/e-cards on the website or texts via the app to invite friends and family to support.

The KHC [Online Envelope](#) will show you all the thank you gifts your kiddos can earn.

Together, as a school community, we are helping kids like [Finn](#)!



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

or download the Kids Heart Challenge App!

Kids Heart Challenge supports the American Heart Association and our Physical Education Dept. Students are learning about heart and cardiovascular health during PE class and will have an in-class celebration week in February.



Thank you so much for supporting our school and the American Heart Association!
Interested in learning more about advocating for the AHA? [Join You're the Cure](#)