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Holly elementary students raise over \$6K for heart health during Kids Heart Challenge

American Heart Association challenge inspires students to help others, make healthy choices

HOLLY, Mich. – Holly and Patterson elementary school students continue putting their hearts into giving back to their community, most recently raising \$6,300 to support families with loved ones facing cardiac illness.

In January and February, 35 second and third graders took the Kids Heart Challenge and raised the funds that will be donated to the American Heart Association. Students also participated in a jump roping contest and learned how to live a heart-healthy lifestyle through the program.

“Like always, our students went the extra mile to raise money for the American Heart Association to support those in the Holly community and beyond suffering from heart diseases,” said **Jason McLaughlin**, physical education teacher at both schools. “While they were helping others, our students learned ways to improve their own heart health.”

As part of the program, the students learned steps they can take to live healthy lives, including eating nutritious foods, drinking plenty of water, avoiding high-sugar drinks, and getting at least 60 minutes of exercise or play every day. The students also learned the importance of staying away from bad habits like smoking and vaping.

All the students played roles in the fundraising effort, and Holly Elementary second grader **Mason Ihrke** raised more than \$1,000 — a record for a single student since Holly began participating in the program 19 years ago.

“At Holly Area Schools, physical fitness plays a key role in preparing our students for success, and the Kids Heart Challenge also teaches our youngest Bronchos the importance of giving back

to their community,” said **Scott Roper**, Holly Area Schools superintendent. “I’d like to personally congratulate these students for giving their all to help those facing heart illnesses and for taking proactive roles in their own health and wellness.”

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Holly elementary school students pose after raising more than \$6,000 to help families with loved ones facing heart illnesses.



Holly Elementary second grader Mason Ihrke raised more than \$1,000 during this year's Kids Heart Challenge.