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Holly elementary students raise more than \$5K for heart health in Kids Heart Challenge

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

HOLLY, Mich. – Holly and Patterson elementary school students are showing they've got a lot of heart by taking on a challenge that helps people — including other kids — facing heart illnesses.

In January and February, students at the two elementary schools took the Kids Heart Challenge and raised a combined \$5,163 for the American Heart Association. Students also participated in a jump roping contest and learned how to live a heart-healthy lifestyle through the program, formerly known as Jump Rope for Heart.

As part of the program, Holly and Patterson elementary school students learned about nutrition, healthy eating habits and the importance of daily exercise, said **Jason McLaughlin**, physical education teacher at both schools. Students were also given information about the dangers of smoking and vaping.

"These students jumped into the Kids Heart Challenge with both feet and poured their hearts into raising money for the American Heart Association so they could do their part to support those suffering from heart diseases," McLaughlin said. "While they're helping others, students are also improving their own heart health and learning to make healthy choices through fun physical fitness activities."

"At Holly Area Schools, physical fitness plays a key role in preparing our students for success, and the Kids Heart Challenge also helps our students learn the importance of kindness, gratitude and healthy behaviors," said **Scott Roper**, Holly Area Schools superintendent. "I'd like to personally congratulate these students for their stellar achievement and taking a proactive role in their own health and wellness."

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Students pose following the Kids Heart Challenge, which raised more than \$5,000 for the American Heart Association and included a jump roping contest.