



KOWLOON
JUNIOR SCHOOL
九龍小學

Success for Every Child



Date: 13 May 2025

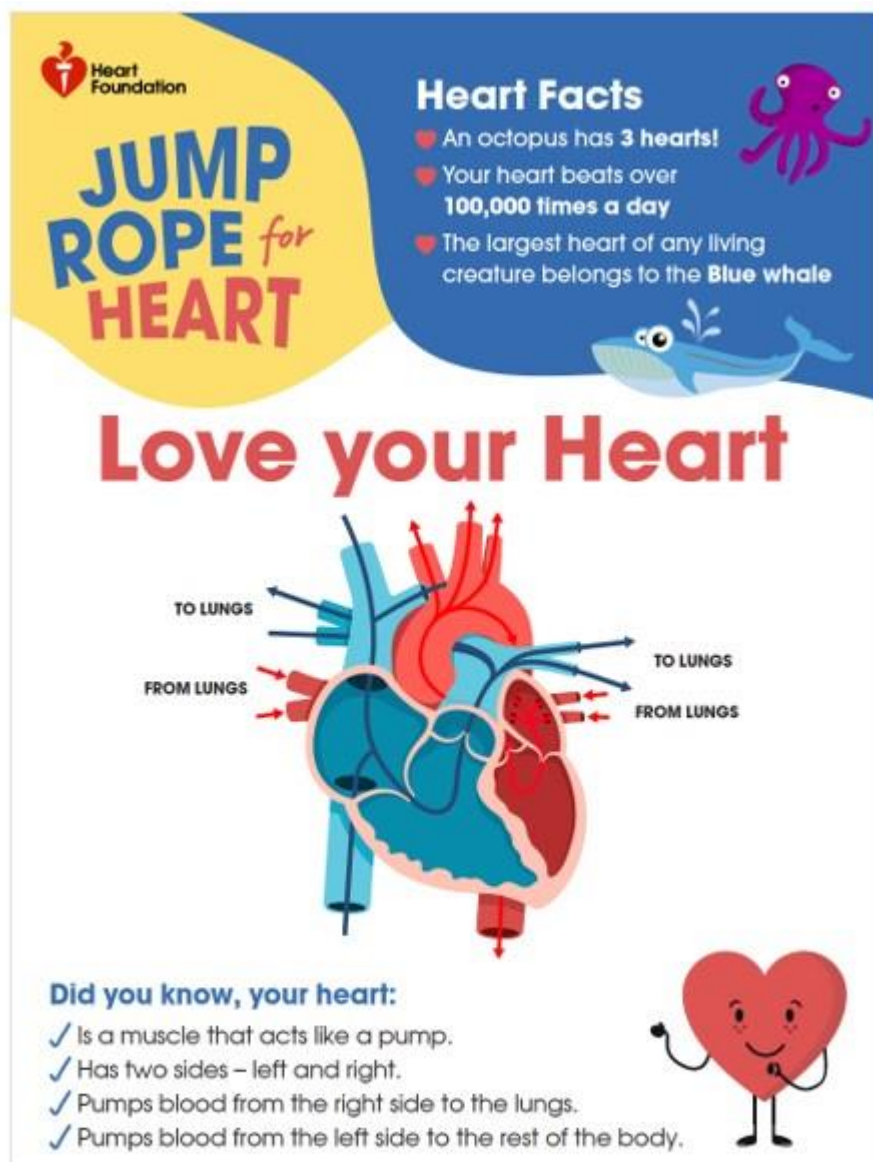


We are delighted to inform you that KJS has again joined the Jump Rope For Heart (JRFH) Program this term. The mission of JRFH is to motivate our younger generation to develop a heart healthy lifestyle through exercise, thus reducing the risk of heart disease and stroke.

Year 5 students as part of their Health Related Fitness unit will participate in a sponsored 'Jump Off' here at KJS on Monday 26th of May.

This event will involve all students in Year 5 jumping rope for 1 hour! This unit will give them the opportunity to learn skipping skills and a new form of exercise. Rope skipping is an excellent form of aerobic exercise which can be managed easily; anywhere, anytime.





RAISING FUNDS

Students will receive a sponsorship envelope to collect donations. Money raised will help fund heart health education, the JRFH program and the Hong Kong College of Cardiology. In addition, KJS will receive 15% of the funds to support future health related initiatives. Parents can decide whether to donate or not, nevertheless, please help to share the healthy heart message written on the collection envelopes with friends and relatives.



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**** The sponsorship period will commence from May 13th to May 30th. Envelopes should be sealed and handed to the KJS office staff before Friday, May 30th.***

