



Our school just kicked-off the American Heart Association **Kids Heart Challenge**! Students and staff are excited to care for their hearts and minds, help kids with special hearts and learn lifesaving Hands-Only CPR!

If you haven't joined our Kids Heart Challenge team yet, get started today! We need your help to reach our goal of 100% of families completing Finn's Mission!

Here's a [sneak peek of this year's Kids Heart Challenge](#)! You'll definitely want to check it out!



Here's how you can help:

- **Ways to Register**
  - [www.heart.org/schools](http://www.heart.org/schools),
  - download the free 'AHA Schools' app.
  - scan the St. Theresa School QR code!



- **Complete Finn's Mission:** Watch the 2-minute Hands-Only CPR video featuring cardiac arrest survivor, Damar Hamlin, and watch a music video on the warning signs of a stroke (F.A.S.T.).
- **Share with Family & Friends:** Send messages via social media, text messages and/or email.

Thank you for helping create a community of lifesavers!

Thank you,  
Jill Smith and Renie Asken

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