



GET READY FOR SPIRIT WEEK!

JOIN OUR COMMUNITY OF LIFESAVERS



BUSTER

Buster is this year's team leader!



Join the Kids Heart Challenge team of **Heart Heroes** to help kids with special hearts and make our school community healthier. Your student will learn about taking care of their own heart and emotional health this week!

Wear the color of the day!

Click on the heart hero's face to watch their "about me" video and click on the heart hero's name to watch and follow a fun activity with them!



<p>BLUE</p> <p>SPLASH</p> <p>MONDAY</p>	<p>GREEN</p> <p>STAR</p> <p>TUESDAY</p>	<p>ORANGE</p> <p>BEAT</p> <p>WEDNESDAY</p>	<p>PURPLE</p> <p>SPARK</p> <p>THURSDAY</p>	<p>RED</p> <p>SKIP</p> <p>FRIDAY</p>
<p>Splash loves creating fun, healthy things to eat and drinks water instead of sugary drinks.</p> <p>Start this week by visiting www.heart.org/schools or downloading the "AHA SCHOOLS" app to join your school's team. Receive a heart silly band!</p>	<p>Tru does at least one act of kindness each day.</p> <p>Send at least 10 emails/texts to family/friends to help you reach your goal!</p> <p>Don't forget to get at least 10 hours of sleep tonight like Star to feel good and keep your heart and brain healthy over time.</p>	<p>Beat encourages everyone to learn Hands-Only CPR. Calling 911 and performing CPR can save a life!</p> <p>Learn Hands-Only CPR with your family in Finn's Mission (located in your headquarters) and earn your own Finn's Lifesaver Award!*** </p>	<p>Spark loves to learn about science, technology, engineering and math!</p> <p><i>Have you reached your goal? Test your math skills to see how far away you are from your goal.</i></p> <p>Bolt knows being active is a real boost to mood, muscle strength and brain power.</p>	<p>Skip knows how important it is to keep lungs strong by never vaping or smoking. Be a positive influencer and say NO to vaping and smoking.</p> <p>Can you ask your parents/adults at home to be an influencer and post on their social media to help save lives?!</p>

***The American Heart Association is excited to extend our work with the NFL to support improving health outcomes at home and beyond through the Hands-Only CPR education. Students that complete the Finn's Mission learning module will earn an entry for **two tickets to Super Bowl LIX in 2025** and your school will be entered to receive a \$10,000 fitness equipment makeover for every 18 completed Finn's Mission. Watch [this video](#) for more information.