



Hello Salisbury School Families!

It's Mr. Janco, your favorite PE teacher! I just want to remind you all that our Kids Heart Challenge event is coming up next week. As we have talked about, we want **every** student at Salisbury School to live a heart-healthy lifestyle, and that can start by taking one of the American Heart Association's Heart Challenges!!

Please click below on the Kids Heart Challenge link to get started. I challenge YOU to sign up online today, and either pledge to be active 60 minutes each day, drink water versus sugary beverages, or do a good deed daily!

It's fun and easy, and just for registering, you receive a free Heart Hero wristband!! I look forward to seeing you all next week at our big event and don't forget, you all can be HEART HEROES!!



Click here:
[Kids Heart Challenge](#)

With heart,

Mr. Janco