

Broomfield Academy Raises Money for The American Heart Association

By Dawn Essig

The students at Broomfield Academy engaged in Jump Rope for Heart last week. During their PE classes, students jumped rope, shot baskets, hula-hooped and learned about the causes of heart disease in order to raise money for The American Heart Association.

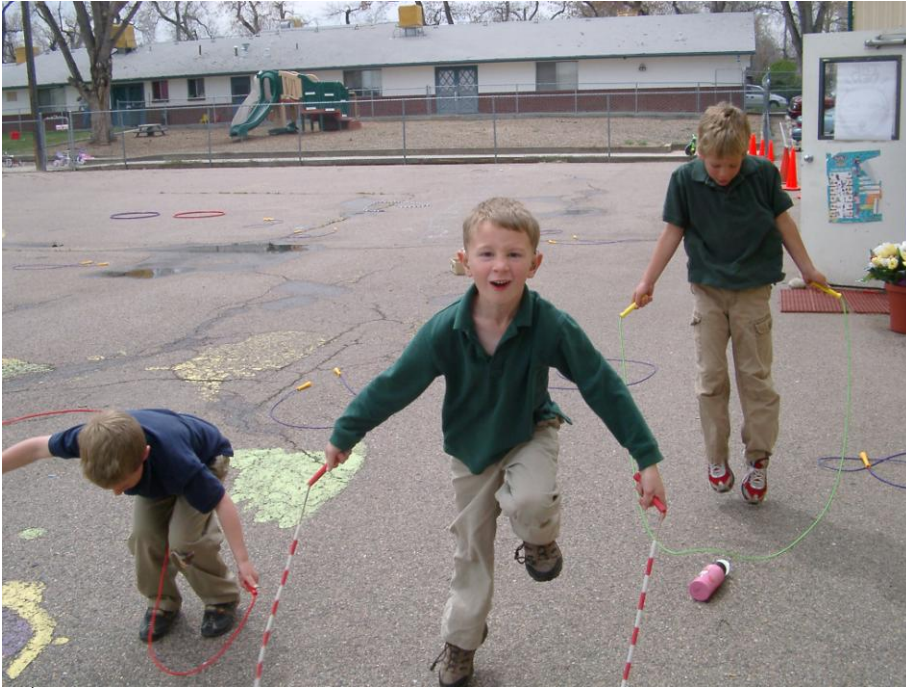
This is the second year students have participated in this particular fund-raising event. Julie Shelley, the PE teacher and Dawn Essig, the fifth and sixth grade teacher, coordinated the event along with Ms. Essig's fifth and sixth graders. This year's event brought in more than \$1,000 in donations to The American Heart Association.

Every student at Broomfield Academy, ranging in ages from three to twelve, participated in Jump Rope for Heart. Fifth and sixth-grade students took groups of students through various stations including jumping rope, shooting baskets, and health kit activities. Students learned about the effects cholesterol and fat have on the cardiovascular system. Activities affecting heart rate were also explored. Everyone was able to hear their own hearts using stethoscopes.

The Jump Rope for Heart event has become a favorite community service project among students. Two students even jumped while they were on vacation in Florida! It's an active way to give back to the community and educate students about heart-healthy activities. In the two years Broomfield Academy has participated, they have raised over \$3,000 that will go towards stroke and heart disease studies and further education.



6th grader Trevor Willenbring demonstrates using a stethoscope to 2nd grader Zach Kuster.



1st graders, Ben Kaplan and Tom Crist jumping for hearts.



6th grader, Laura Gahtan and Junior Kindergartners, Jordyn Stewart, Alie Lewis and Chayse Tapley shooting hoops.



Junior Kindergartner, Terran McNair hula-hooping for hearts.

About Broomfield Academy - Broomfield Academy is a nationally accredited high quality private elementary school in Broomfield, Colorado. The school focuses on academic excellence through the development and implementation of individual learning plans for each student, small classes sizes and a well-rounded curriculum that includes world language, music, art, technology, Spanish and Chinese language instruction and physical education. Broomfield Academy also puts a spotlight on character development, which includes a “core virtue of the month” program, along with significant community service and charitable involvement.

Broomfield Academy also offers a full-day fun and educational summer camp program, a summer junior kindergarten and a summer kindergarten-prep program. The school is currently accepting applications for the summer programs, as well as for the 2009 – 2010 academic school year.

Broomfield Academy
7203 West 120th Avenue
Broomfield, CO 80020
(303) 469-6449
<http://www.broomfieldacademy.com>