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ECSD NEWS RELEASE

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American Heart Month is Here *ECSD Schools Raise Thousands One Jump at a Time*

Pensacola, FL: February has arrived and Valentine Hearts are popping up all over our county! When you see those hearts, ECSD Physical Education teachers are hoping that in addition to thinking about those you love and care about, that the hearts will also remind you that February is American Heart Month, not just here but across the country!

Many ECSD Physical Education programs are gearing up for their annual Jump Rope for Heart and Hoops for Heart events. These events generate heart health awareness through physical activity in addition to raising funds for research and to help those with heart conditions. They are scheduled on various dates to fit school schedules. An upcoming example is the event planned for Feb. 17 at Brentwood Elementary School.

Casandra Waller, ECSD's Specialist in charge of Physical Education, Health, Wellness and Driver Education was asked about how much these programs help.

"Last year, ECSD had 41 schools participate and raised \$66,451.52! Although the American Heart Association does not have all historical records, we have learned that in the last 8 years ECSD students have raised just over \$450,000!" said Waller.

For additional information about how to help your local school support this special cause, contact the PE Teacher at your closest school, or reach out to the Waller at (850) 595-0185.

Media queries about Escambia County School District topics should be directed to Kim Stefansson, at 850-469-6219 or kstefansson@escambia.k12.fl.us. Like ECSD on Facebook at www.facebook.com/ecsdfl

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