

March's Gold Medal School of the Month

## Cleveland Elementary

Principal: Ed Clark

School Coordinator: Vicki Rasmussen

Mentor: Melissa Allred



On February 6<sup>th</sup>, Cleveland Elementary celebrated how much they love their hearts by wearing red. This year our school had their *Jump Rope for Heart* event on the same day as the national *Go Red for Women*. Cleveland Elementary hosted an assembly for the school and the community where

they talked about the importance of taking care of their heart by eating healthy and exercise. At the end of the assembly the audience pledged to love and take care of their hearts.

Following the assembly, Cleveland Elementary hosted their *Jump Rope for Heart* event, in which the entire student body participated. Most of the parents and community that came for the assembly stayed and support the students as they jumped. There were contests where they could win water bottles, jump ropes, and other fun prizes.

In conjunction with *Go Red for Women* and *Jump Rope for Heart*, Cleveland Elementary also added nutrition. Actually March is "National Nutrition Month", but Cleveland Elementary started early. The PTO donated fruits and vegetables for the students to enjoy after they were done jumping.

