



## ***Did you know...***

**Local students help to  
raise money to prevent  
heart disease!**

January 22<sup>nd</sup> thirty-five students at John C. Thomas Middle School, under the leadership of physical education teacher, Mary Moonen, did “**Hoops for Heart**”. These students participated in basketball activities to raise funds for the American Heart Association. These funds help support cardiovascular research and educational programs. This activity empowered students as they provided vital community service and discovered that they can make a difference. At the same time, students enjoyed group dynamics while participating in a fun-filled basketball event.

Next month J.A. Wendt Elementary School physical education teacher, Paul Johns, will be working with 1<sup>st</sup> – 5<sup>th</sup> grade students to do “**Jump Rope For Heart**”. This activity develops rope-jumping skills that are fun for everyone while promoting the value of physical activity and teamwork. Students learn about the seriousness of heart disease and stroke, the lifelong benefits of physical activity and the importance of living a heart-healthy lifestyle. The program also teaches students to set and achieve goals and shows them how they can make a difference through volunteering and community service.

We encourage you to support our students in these endeavors!

### **Wahkiakum Community Network**

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**NEXT PUBLIC BOARD MEETING**

**April 7, 2008 7:00 – 9:00 PM**

**River Street Meeting Room 42 River Street, Cathlamet**

*Supporting community-based changes to improve the lives of children and families*