



Newsletter

Week 1 Term 2

DATES TO REMEMBER	
Friday 23 April	ANZAC Day Assembly - Year 6 Link to be provided
Tuesday 27 April - 4 June	Enrolments open for 2022
Monday 3 May	Whole School Photos including Preschool Blue & Yellow
Wednesday 5 May	Buroinjin Gala Day - Selected Students
Friday 7 May	Arboretum - Year 3 excursion
Friday 7 May	Preschool Red & Green School Photos
Tuesday 11 May	Year 6 Combined Band
Tuesday 11 May	NAPLAN commences for Years 3 & 5
Friday 14 May	Year 5 Assembly - Link to be provided
Wednesday 26 May	Belconnen Cross Country - Selected Students

Medical Notes - Please update medical notes and medication with Front Office

PRINCIPAL'S MESSAGE

I hope you had a lovely Easter and had the opportunity to spend some wonderful moments with your children. Please remember this weekend is a 'long weekend' and school returns on Tuesday 27th.

Collecting your children

Based on the success of the last day of term, we will continue Friday early collection times and process to reduce disruption to classes and workload for our front office. Knowing this is a long weekend and there might be a few families wanting to get away early, these are the collection times if you are doing so:

12.00pm

1.20pm

2.10 (children won't hear the announcement until 2.05 when they are back in their class)

Please feel free to tell your children to come up but we will make an announcement for them providing you have told us- please call or email the front office in advance. If you can keep to these times it will speed up the process for you and support the school tremendously.

Staffing update

Since I last communicated with you, there have been a few staffing changes. Sylvia Headon has moved to her substantive position, which she won at the end of last year at Amaroo, and Georgina Sofatzis is our acting Deputy Principal until Karen Wilson joins us. At this stage, I don't have any further information regarding when that will be as the Directorate is managing the transfer processes, but we are excited for Georgina to have this opportunity. Rebecca (Bec) Rizzo is acting in the 5/6 Team Leader/Executive Teacher role for this same period of time. Claire Hepple will be joining us at the start of Week Three on Year Two to take over Lisa McGruer's class. Lisa will be moving over to the part time role of art teacher, replacing Jo Wallace who is unable to return this year for personal reasons. Rebecca (Bec) Andrews has joined us to cover classes (she is covering Claire's Year Two class currently) and will do this until August when she goes on maternity leave. Bec has a wealth of experience in primary schools in NSW and has recently been working at Black Mountain School with a passion for the arts- with our concerts scheduled for Term Three, and being a consistent staff member within the school, we are very fortunate to have Bec join us.

School Review

We are welcoming Christina Rogers from ACER (Australian Council for Educational Research) who is the lead reviewer using her knowledge of the National School Improvement Tool (NSIT). She will be joined by a trainee reviewer from Queensland who is a very experienced Principal and three Principals from the ACT to review our school. This is scheduled for 18th to 20th May (Week Five). We are planning for parents to come in and speak to the review team on Tuesday afternoon, 18th May, from around 2.30pm so parents can discuss the school before collecting children. If you would like to be part of this focus group, and we really appreciate your time and support of this, please email me at chris.jones@ed.act.edu.au.

IB Learner Profiles

Congratulations to the following students who will be receiving IB Learner Profile certificates on Friday 14 May. Well done!

Classes	Students		
K Mathewson	Evelyn K	Luke T	Bella B
K Morris	Cameron B	Lillian K	Fayaaz A
K Stewart	April L	Robin C	Bindya P
1 Marshall	Piper S	Henry J	Eli B
1 Birch	Hugo M	Sebastian S	
1 Prunster	Chelsea T	Deizel G	Jack G
2 Witherdin	Oscar A	Gozie D	Maia R
2 Roberts	Tom H	Kira S	Nell M
2 Hepple	Imaniyat A	Connor L	
3 Geddes	Willem B	Charlotte M	
3 Bullock	Priya G	Mikhael R	Jarvis W
3 Nuttall	Terry C	Jessica W	Ava N
4 Fletcher	Luka K	Ella M	Jarrah M
4 Malusa	Belle G	Joseph F	Zac L
4 Holland	Benji B	Chimezie D	Cameron F
5 Dorsett	Sofia P	Jake M	Freya H
5 Dykes	Bella P	Brooklyn F	Uzair S
5 Lehtsalu	Thomas K	Jesse K	Evelyn P
6 Brennan	Zac C	Emily B	Anabella T
6 Kragh	Riley Q	Dakota B	Elisabeth R
6 Aston	Kieran P	Ellidah K	Sophie M

Specialists

Art with Jessica Clarke and Lisa McGruer

Art is back again this term and students will attend one lesson a week starting in week 1. This term Mrs Clarke and Ms McGruer will be teaching the classes. Here is a rundown of what each year level will be working on over the coming weeks:



Kindergarten

Kindergarten will be creating and sharing artworks linked to the curiosity of the world around us. They will be focusing on how colours can become lighter and darker by adding shades of white and black. We will be looking at the art element of value and how Indigenous Australians use this in their artworks.

Year 1

Year 1 will be creating and sharing artworks linked to patterns and prints. They will be focusing on how patterns can be displayed in clay tiles. We will be looking at the art element of line colour and pattern and these can be used to express emotions and tell stories.

Year 2

Year 2 will be creating and sharing artworks that look at patterns and how artists use different artistic techniques to create artworks. We will also be focusing on the properties of clay and will be making a clay sculpture.

Year 3

Year 3 will be using a variety of artistic techniques to show an appreciation of beauty in nature. They will be learning about Picasso and Australian artist Fi Wilkie and how these artists represent nature and emotion within their artworks.

Year 4

Year 4 will be exploring and gaining inspiration from the Jackie French and Bruce Whatley books inspired by natural phenomena in Australia. They will create multiple art pieces depicting a range of different phenomena such as fire, flood, drought and cyclone using an array of artistic techniques.

Year 5

Year 5 will be exploring how artists observe colours and patterns in nature. We will be looking at a local artist who represents nature by creating collages. Students will also be focusing on 3D objects and the use angles to show perspective in drawings.

Year 6

Students will be learning about tone and how artists use tone to create depth within their artworks. We will be focusing on patterns and how these can affect our wellbeing and be portrayed in a range of artwork.



English as an Additional Language

In Term 1, the Year 3 English as an Additional Language or Dialect students have been working on a Who We Are unit of inquiry on nutrition. The students examined the Australian Guide to Healthy Eating and had to design a nutritious and balanced lunch for a character from the story The Lighthouse Keeper's Lunch by Ronda Armitage. The students participated in cooking lessons using fruit and vegetables and worked on writing instructions for a recipe. They learnt about the importance of using bossy verbs, steps and prepositional phrases in a recipe.



Writing Instruction

How to make a vegetable

Ingredients	Equipment
• carrots	• plates
• cucumber	• knife
• cherry tomatoes	• knives
• corn	• sieve
• corn kernels	

Method

1. Peel the carrots.
2. Cut the carrots.
3. Put the tomatoes in the plate.
4. Put the corn kernels over the tomatoes.
5. Put the corn kernels in the plate.
6. Put the yellow corn in the tomatoes.
7. Put the cucumber on the side of the plate.

How can we improve his lunch?

K/A

I love it. Some whole in trust because it's more healthy than some other. I put some chick peas because it is a thing and you can eat easily them.

Cross Country Carnival Results

Congratulations to all students who took part in the MFPS Cross Country Carnival in Week 8 of first term. The students had a fun day with house groups encouraging their fellow students.

All students in the 8 to 12 years age groups who placed 1st to 4th place will receive their ribbons in the Week 2 assembly on Friday 30th April. The top five in each age group have qualified to compete in the Regional Cross Country event in Week 5 of Term 2 at Stromlo Forest.

Cross Country 26th March – 1st to 4th Place Ribbon Winners

Boys	1st	2nd	3rd	4th
8 years	Jarvis W	Iyasu B	Jack L	Samuel Q
9 years	Alastair W	Remy H	Oscar P	William V
10 Years	Kiran V	Zac L	Ciaran P	Andrew Q
11 years	Lucas L	Elijah S	Johann M	Lucas M
12 Years	Max N	Callum S	Jack E	Rubin H

Girls	1st	2nd	3rd	4th
8 years	Kira S	Tori S	Lily R	Jeanelle F
9 years	Samantha B	Valli M	Lilah P	Jarrah M
10 Years	Freya S	Liv H	Kara M	Saffy C
11 years	Josie W	Caitlyn B	Elizabeth D	Tammy C
12 Years	Victoria P	Katie C	Enid W	Tilly M

Cross Country 5th Place Regional qualifiers

8 yrs boys	9 yrs boys	10 yrs boys	11 yrs boys	12 yrs boys
Bradley D	Finn M	Elijah F	Jake M	Dean M

8 Yrs girls	9 Yrs girls	10 yrs girls	11 Yrs girls	12 Yrs girls
Marley R	Belle G	Isla P	Soraya C	Charlie S

PE News

This term all grades are being introduced to an Aboriginal ball game called Buroinjin. We will be entering two Year 5/6 (mixed gender) teams in the ACT Buroinjin Gala Day in week 3. This sport has generated quite a bit of enthusiasm and high participation among students.



We have also been preparing for the annual Jump Rope for Heart fundraiser by practising our jump rope skills. The Jump off Day is Friday of Week Three. More information on how to fund raise for this event can be found in this newsletter.



To prepare for the School Athletics Carnival in Week 5, we will also be exploring the various athletics events, such as long jump, discus, shot put, running races and relays over the next few weeks. Information will be included on the permission notes on how you can become involved with volunteering to help with that carnival.



Living the PYP @ Miles Franklin

Week 1, Term 2 2021

A key practice that all PYP schools needs to model is that: *The school community demonstrates an understanding of the, and commitment to, the Primary Years Programme (PYP).* These newsletter articles are written to inform and involve the school community in the implementation of the PYP at Miles Franklin.



Units of Inquiry

Each six weeks our children inquire into and learn about globally significant issues in the context of a PYP unit of inquiry (UoI). Each UoI addresses a central idea and lines of inquiry are identified in order to explore the scope of the central idea for each unit and relate to Australian Curriculum content outcomes for each year level from across a range of subject areas.

. Each year students will complete six units of inquiry, one from each of the six transdisciplinary themes.

The six transdisciplinary themes are:

How we express ourselves

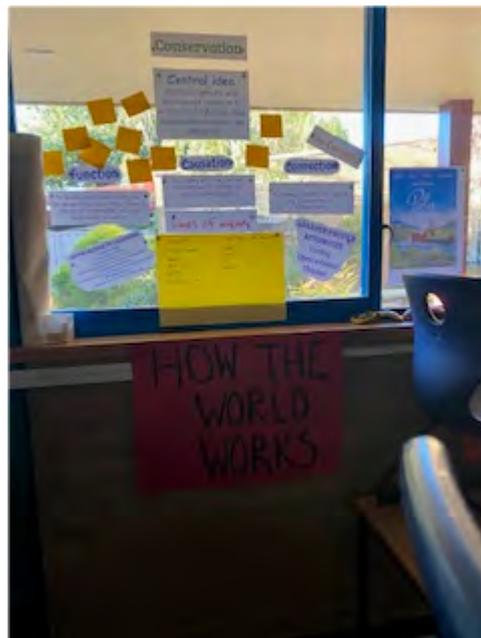
How the world works

Sharing the planet

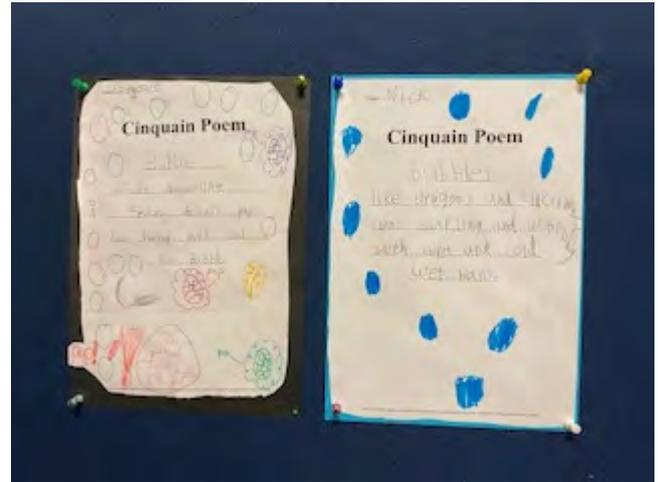
How we organise ourselves

Where we are in place and time

How the world works



Each year level engages with the UoI, allowing the children to develop a deeper understanding of the content, including the central idea and lines of inquiry.



EALD children engaging with the UoI in the form of poetry.

Georgina Sofatzis - PYP Coordinator

LIBRARY NEWS



OVERDUE BOOKS

Please assist your children to return all their library books as soon as possible. Please let me know if you have any issues with lost or damaged books.

LIBRARY BAGS

Please ensure that your children have a library bag. Bags help to protect the library books from food or drink in the student's school bag.



SCHOLASTIC BOOK FAIR

Scholastic Book Fair is the library's annual fundraising event. Book Fair sales help the school add new resources to the library collection. This in turn introduces a variety of new books to our students and helps them to improve their reading.

Please put the dates into your diaries, **Term 2, Week 5, Monday 17 May – Thursday 20 May**. Open times will be **8.30-9.00am and 2.45-3.15pm**.

All students and families are invited to attend.

Book Fair information attached

P&C News

The 2021 Annual General Meeting of the Miles Franklin P & C will be held at 7pm on Wednesday 5 May (Week 3). The meeting will be held in the school's meeting room (access via the main entrance). Due to COVID physical distancing requirements, those who are planning to attend will need to register via EventBrite by 6pm, 4 May. (<https://www.eventbrite.com/e/miles-franklin-p-c-annual-general-meeting-2021-term-2-week-3-tickets-151459213585> - email mfpandc@outlook.com to be sent the link). Meeting attendees will also have to check in on the night using the Check In CBR app.

At the meeting, a President's report and a Treasurer's report (including Financial Statements and the Auditor's Report) will be tabled. In addition, there will be an election of office bearers including President, Vice-President, Treasurer, Secretary and Public Officer. For nomination forms email mfpandc@outlook.com. Forms will also be available on the night. The meeting is open to all parents and carers of Miles Franklin PS students as well as interested citizens. We hope to see you there!

Contact mfpandc@outlook.com if you have any questions or would like to be added to the P & C email list.



Book Fair competition for students

THEME: "To the Book Fair and Beyond"

At home design an item to promote the Book Fair in Week 5 of Term 2

Ideas you could use with the "To the Book Fair and Beyond" theme:

- Design a book-mark or a book cover
- Make an astronaut / alien puppet
- Create a mask
- Build a rocket or spaceship
- Design a poster to advertise the book fair
- Write a poem or story on the "space" theme
- Write a book review
- Use your imagination to create any item of your choice

Prizes will be awarded for the most creative work for each year level from preschool to Year 6.

Prizes include books, posters, pencils, erasers and bookmarks.

DUE DATE: **Wednesday 19 May 2021**



BOOK FAIR WISH LIST PREPAYMENTS

Students will be given the opportunity to visit the Scholastic Book Fair display in the week 10-14 May 2021. They will be encouraged to record their wish list to bring home.

When your child brings home a Book Fair Wish List slip and you want to pay for their selection by credit card in advance, please:

1. Go to [www.scholastic.com.au /payment](http://www.scholastic.com.au/payment)
2. Click "Book Fairs"
3. Enter your details and amount to pay
4. Record receipt number on the back of the Wish List
5. Your child will then bring this payment record back to school, choose the books from the Book Fair display and their Wish List with receipt number will be accepted by the cashier as paid.

Alternatively, if a cash payment is preferred, it will also be accepted.

If books are unavailable at the time of purchase, a back-order will be filled with the book being supplied at a later date (usually takes one week for backorders to be delivered to the school)



Dear Parents and Families:

Reading for pleasure unlocks the power of information and imagination and helps children discover who they are. Here's what you can do to help children develop stronger reading skills and a love for reading:

- Set the example. Let your children see you read.
- Have a collection of books in your home. Update this collection routinely to keep up with changing tastes and reading skills.
- **Support our school's Book Fair. Allow your children to choose their own books to read.**

Our Scholastic Book Fair is a reading event that brings the books children want to read right into our school. It's a wonderful selection of engaging and affordable books for every reading level. Please make plans to visit our Book Fair and be involved in shaping your child's reading habits.

Book Fair dates: **Monday 17 – Thursday 20 May 2021**

Shopping hours: **8.30-9am & 2.45-3.15pm**

We look forward to seeing you and your family at our Book Fair! Remember, all purchases benefit our school.

Thank you



positive partnerships

Working together to support school-aged students on the autism spectrum

Free
to attend

2 Day Autism Workshop for Parents and Carers



Join other local families to learn more about autism and ways to strengthen the home-school partnership

Learn about:

- Autism: characteristics, impacts and strategies
- Understanding behaviour
- Sensory processing
- Working together with your school

Location:

Royal Hotel Queanbeyan
85 Monaro Street,
Queanbeyan NSW 2620

Morning tea and a light lunch are provided



Interpreters available

Canberra, ACT

Wed 19th & Thur 20th May, 2021

8.45am - 2.30pm

To register, visit



positivepartnerships.com.au OR,
contact Rachael Dillon

rdillon@autismspectrum.org.au



For help, call:
1300 881 971

The Positive Partnerships initiative is funded by the Australian Government Department of Education, Skills and Employment through the Helping Children with Autism Package and is delivered by Autism Spectrum Australia. The views expressed in this publication do not necessarily represent the views of the Australian Government or the Australian Government Department of Education, Skills and Employment.



Building a context for relationship

**A free, on-demand Workshop Replay
available to watch for a limited time**

"You cannot create relationship... but you can recognise, encourage, and design opportunities in which the miracle of friendship is more likely to occur."

Janet Klees, presenter

This free two-hour workshop was developed for people

- who support others with a disability
- want to help them build meaningful and enduring relationships with others in their neighbourhood, schools, and workplaces.

It is suitable for

- families of students with disability
- classroom teachers
- learning support teams
- school leaders
- anyone who is interested in helping people with disability of all ages to be fully included in their community

This is not a live event. It is a limited-time opportunity to get ideas and learn tactics from a replay of a previously-recorded event.

Access to the replay opens at **9:00 AM AEST on Monday, May 3**, and ends at **5:00 PM on Monday, May 10**. The replay and accompanying resources can be accessed 24/7 during this time.

We welcome families of students with disability, their supporters, and school staff to register.

To register for this free event, please visit our website
[imaginemoore.org.au/events/bac-replay-event/](https://www.imaginemoore.org.au/events/bac-replay-event/)

You are welcome to share these details with others



ACT
Government

INFORMATION SESSIONS

STUDENTS WITH DISABILITY
TRANSITION AND ENROLMENT OPTIONS

Transition to Preschool for children with developmental delay and disability

10 May 2021
11.30am-1.00pm

Transition Preschool to Kindergarten

6 May 2021
10.00-11.30am

Transition Primary to High school

6 May 2021
1.30-3.00pm

Transition High School to College

12 May 2021
1.00-2.30pm

11 May 2021
6.00-7.30pm

13 May 2021
6.00-7.30pm

18 May 2021
6.00-7.30pm

To register for a session and for more information, visit www.education.act.gov.au/public-school-life/enrolling-in-a-public-school/school-information-sessions



Melba Copland Secondary School Arts Academy

Miles Franklin Primary School have been involved in the Melba Copland Secondary School Regional Arts Program – Dance, Music, Singing and Community Musical Programs over the course of the last 9 years since its commencement in 2012. As the Regional Arts Program continues to build, MCSS are looking at providing an after-school Arts Academy Program which will be available for students in Years 4-6 in our feeder school area. The aim of this program will be to provide students from **Miles Franklin Primary School** with the opportunity to train in Dancing, Acting, Singing, Cheerleading and Visual Art in a low cost capacity, and would also involve yearly performance and showcase opportunities at Copland Theatre. Students would attend weekly after-school workshops at MCSS at a cost of \$50 per semester for each Arts discipline they choose to participate in. The minimum commitment for this program would be one semester.

If the Arts Academy is of interest to you, please can we ask you to complete a very short (3 question) survey so that we can identify what interest we have in the Arts Academy Program.

Please complete the survey at the following link:

https://docs.google.com/forms/d/e/1FAIpQLSftO6sRH1QGEs3LNLmL7O5FSKZB4_iRMruj-uUnf12u63_Dlq/viewform?usp=sf_link

Thank you for taking the time to complete this survey. If you have any questions regarding the MCSS Regional Arts Program, please do not hesitate in contacting Joni Wood at joni.wood@ed.act.edu.au or on 61420333.





School to Work

For secondary school students with disability

Are you a parent or family member of a secondary school student with disability?

Have you been considering their future after school?

Many people assume that a student with disability will struggle to find work in Open Employment. Yet, with the right supports, young Australians with disability are taking their rightful place in the workforce. They earn a living, contribute positively to their workplace, and acquire skills for future employment.

Work and contributing to society is important for everyone, and everyone can have a real job. **School to Work** will help your child with disability and your family dream of work and build confidence to explore what work might look like for them. It's never too early to support your son or daughter to start thinking about what life after school could look like by having meaningful employment.

School to Work is a series of online webinars and workshops which aim to inspire, increase confidence and motivate students with disability to seek and find meaningful employment with the help and support of their family.

Upcoming Webinars



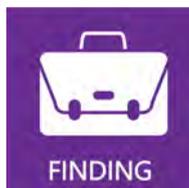
**Imagining Work:
Getting Started**
For students in Years 7 and 8

Tuesday, April 27 at 12:30 PM AEST



**Discovering Work:
Getting Started**
For students in Years 9 and 10

Tuesday, May 4 at 12:00 PM AEST



**Finding Work
Getting Started &
The Next Steps**
For students in Years 11 and 12

Tuesday, May 11 at 12:00 PM AEST
Tuesday, May 18 at 12:00 PM AEST

All webinars are free to attend, and a replay will be available for a limited time.

For more information and to register, please visit

imaginemore.org.au/school-to-work-events

More information - fiona@imaginemore.org.au



School To Work
for Secondary School
Students with Disability

JUMP ROPE *for* HEART



Guide for parents

Help fight heart disease

Your school is taking part in Jump Rope for Heart - a skipping and fundraising program aimed at getting your child physically active, whilst learning about the importance of healthy behaviours to look after their heart.

At the same time, they'll give back to the community by raising funds to help save Australian hearts.

How do I get started?



1. Register your child. Visit jumprope.org.au/parents



2. Share your child's page with friends and family and ask them to donate



3. Log your child's skipping activity so they can earn prizes and virtual badges.

Teachers will organise skipping activities during the school day. If your child is a keen skipper, encourage them to skip at home too to earn more badges, faster.

Why should I get involved?

Jump Rope for Heart is a fun way to encourage your child to be physically active, helping them grow into healthy adults - reducing their risk of heart disease in the future. Over the coming weeks, watch your child be more physically active, build their confidence and learn some awesome new skipping tricks along the way!

Happy skipping!



Sign up now at
jumprope.org.au

JUMP ROPE *for* HEART



\$5000

Neo Mountain Bike or
RedBalloon voucher



+ one prize from
every level

\$2500

Inflatable Bubble Balls
+ one prize from every level



\$1000

Water Resistant
Bluetooth Speaker



\$500

DOUBLE UP PRIZE!
Rubik's Cube
& Phlat Ball



\$250

Sonic Skywinder
Throwing Rocket



\$100

Squeazy Popper
Animal (Lucky Dip)



\$60

Handball



\$35

Mystery
Skipping Rope



\$250

BONUS PRIZE!
Think Quick Reaction Ball
when you raise \$250 or more



Students will receive only the prize indicated for the fundraising level achieved. Prizes may vary to that shown, including colours, designs and models. The Heart Foundation (ABN 98 008 419 761) reserves the right to substitute a prize with a similar product should the prize initially offered no longer be available. Students who raise \$250 or more will be entitled to receive the \$250 bonus prize as well as the respective prize for the total amount they have raised. Students who raise \$5000 can choose either the Neo Mountain Bike or the Red Balloon gift voucher to the value of \$500. Prizes will be sent out from the commencement of Term 2, 2020. Terms and conditions for participation (in addition to the above): 1. Prizes cannot be redeemed for their cash value. 2. Prizes will normally be delivered to the participant's school for distribution. 3. The Heart Foundation relies on information provided by each participant and cannot be held responsible for any information provided incorrectly in relation to funds raised by a participant. 4. Participants collecting cash donations must return the full amount raised, as detailed on the sponsorship form available at jumprope.org.au. 5. Heart Foundation Jump Rope for Heart concludes at the end of the 2020 school year. Funds and paperwork for participants collecting cash donations are required to be returned to the Heart Foundation by 16 February 2021. Heart Foundation cannot guarantee prizes will be provided to schools if funds and paperwork are received after this date.

Online fundraising tips

Every dollar you raise for Jump Rope for Heart will help fund vital research, support and programs that help save lives.

Follow these simple steps:

1. Set your fundraising goal

Show everyone what you're aiming to raise. Most people start with a \$200 goal and with a little help from your friends and family, you'll zoom past this. You can increase your goal at any time.

2. Make the first donation

It helps get things moving and sets the bar for friends, family, co-workers and neighbours (trust us, it works!).

3. Share your child's fundraising page

Social media is an easy way to spread the word far and wide, but an email or a simple message is the most effective for those friends and family who you're sure will donate. Just remember to include the link to your child's page.

4. Update your story

On your fundraising page you can include your story so friends and family know why you are skipping this term. Most of us have been affected by heart disease in some way, or know someone who has. Sharing your story will inspire friends and family to support you.

5. Log your child's skipping on their fundraising page

This lets your family and friends see their accomplishments and provides encouragement on their journey to becoming a superstar skipper!

6. Remind people

People often forget they offered to donate. Don't be concerned about giving them a reminder.

7. Say thanks

You'll see the donations come through on your fundraising page, and when they do, be sure to say thanks! Those who donate will also receive a thank you (and a tax receipt) directly from the Heart Foundation.



Xavier's Story

When Xavier Simpson brought home a Jump Rope for Heart flyer last year, his parents explained that all the kids taking part would be raising money to help people with a heart condition. People just like him.

"He got that smile on his face," recalls Brenton, Xavier's dad, "He laughed and said 'I want to do it!'"

Xavier, who goes to Bannockburn P-12 College in Victoria, quickly became a Jump Rope for Heart superstar weeks after being diagnosed with a complex cardiac condition, for which he'll need surgery.

"We explained that he could just raise money, which was great, or he could skip as well. He immediately said he wanted to raise the money and skip too. He's a very determined kid. He never gives up."

Supported by mates and his school community, he overcame symptoms including fatigue and dizziness to become an unstoppable skipper, raising \$698 to help fight heart disease. "He still skips every day," says Brenton. "He loves it."

Please support the Heart Foundation and people like Xavier by getting online and raising funds to help fight heart disease.



How your donations can help



\$100 can help fund new research breakthroughs



\$200 can help send vital resources and information to people who have suffered a heart attack or stroke



\$300 can help fund our free help line that answers thousands of calls each year