

JHS Heart Screening, February 2

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From: Jackson Wolf Tracks

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JHS PTSA wants you to know about the

Nick of Time Heart Healthy Screening

**Feb. 2
8 a.m. - 5 p.m.
JHS Gym**

Established in memory of former JHS student, Nicholas Varrenti, the *Nick of Time Foundation*, in partnership with the University of Washington Medical Center will conduct heart screenings for our community. This screening will help detect hidden abnormalities in the heart which might otherwise lead to Sudden Cardiac Arrest (SCA).

Your JHS student watched a video about the Heart Healthy Screening process during 2nd period on Jan. 10 and 11. View the [video](#).

To have your student screened, forms may be picked up during lunch period on Wednesday (1/12), Thursday (1/13), and Friday(1/14).

Registration occurs when students return their forms to the stage in the commons on Jan. 19 and Jan. 20.

While the screening is free, a \$25 tax-deductible contribution will be accepted if you are able to afford it. Your donations help to defer the costs and fund future life-saving screenings at Puget Sound high schools.

Please refer to the following for additional information regarding the Feb. 2 heart screening.

The *Nick of Time Foundation*: www.nickoftimefoundation.org

- find out more
- download Heart Health Survey and Agreement to Participate form (required for registration)

Everett Public Schools Hold Harmless form (required for registration):

<http://www.everett.k12.wa.us/CMS/cmsSites/cmsUserFiles/jacksonhigh/files/NickOfTimeHold%20Harmless.pdf>

Principal Cheshire's Message from the January issue of the PTSA *Wolf Tracks* newsletter:

<http://jhsptsa.org/newsletter.html>

Interested in volunteering? 50 volunteers are needed to support this endeavor at our school. There will be doctors, nurses, paramedics, and firefighters who will be donating their time to conduct these screenings. We hope you can give of your time. Please contact the JHS PTSA Volunteer coordinator at jhsvolunteercoordinator@comcast.net.

It is our hope that this information is useful for you and your JHS student.

Henry M. Jackson High School PTSA