

Ghyllside Primary School

Gillinggate, Kendal,

Cumbria.

LA9 4JB

Tel: 01539 814930

Email: admin@ghyllside.cumbria.sch.uk

Headteacher : Mr.H.B.Davies (BA. Hons)

Dear Parent / Carer

18th June 2018

Heartstart Sessions Years 3/4/5/6

Y3/4 Tuesday 26th June 2018

Y5/6 Wednesday 27th June 2018

The Heartstart UK Schools Programme is an initiative coordinated by the British Heart Foundation (BHF) to teach children what to do in a life-threatening emergency. It focuses on emergency life support (ELS) skills that can help to keep someone alive until professional help arrives.

The Heartstart UK Schools Programme delivers ELS training for pupils so they learn when and how to act in a life-threatening emergency. The programme allows maximum time for practice and hands-on learning using resuscitation-training mannequins.

Pupils in year 3 and year 4 learn to:

- demonstrate safe approach and assessment
- make a 999/112 call
- open an airway
- check for breathing
- demonstrate the recovery position
- demonstrate the management of choking for adults, infants and children
- know how to deal with serious bleeding

Pupils in year 5 and year 6 will also learn to:

- manage someone with a suspected heart attack
- perform rescue breathing
- perform one-rescuer, adult, cardiopulmonary resuscitation (CPR)

The programme is delivered in a series of age-related, staged sessions tailored to reflect the recommended age at which children can learn specific ELS skills.

If you do not wish for your child to take part in the Heartstart sessions please complete and return the slip below to your child's class teacher as soon as possible.

Many thanks

Andy Phillips & Michelle Crowley

Please only return if you DO NOT wish for your child to take part

I do not wish for my child to take part in the Heartstart sessions on 26th or 27th June 2018

Childs name: _____

Class: _____

Parent / Carer Signature: _____

