



Restart a Heart Day 16 October 2019



11th October 2019

Dear Parent / Carer

Restart a Heart Day – Wednesday 16th October 2019

On **Wednesday 16th October 2019** is Restart a Heart Day, an annual event to teach as many people as possible the lifesaving skill of CPR. We are very pleased to inform you that we are able to offer our Year 5 and 6 pupils the opportunity to take part this year.

In order to educate as many members of the public as possible, St John's Ambulance volunteers will teach pupils how to help restart the heart of someone who has suffered a cardiac arrest.

They will come into school on **Wednesday 16th October 2019** and provide CPR demonstrations to pupils. This is a fantastic opportunity for your child to learn an invaluable lifesaving skill.

All St John Ambulance volunteers regularly practice CPR as part of the charity's intensive first aid training and many have used their skill for real to save a life – so they are among the best people to pass on the skill to others.



If you would not like your child taking part in this event please let your child's class teacher know by Tuesday 15th October 2019.

Please do not hesitate to contact us if you need any further information.

Yours Sincerely

Miss Kohli

Executive Headteacher