



Fulford School

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Dear Parent/Carer

Restart a Heart Day – Tuesday 16th October 2018: Non-uniform day - Price £1

Fulford School will once again be taking part in Restart a Heart Day on Tuesday 16th October 2018. Year 7 will be missing one lesson of the school day to complete their CPR training on a rolling programme. Other year groups have completed this training over the last four years including when the school trained 1000+ students in a day and were visited by Fabrice Muamba in 2014.

The European Restart a Heart Day aims to teach members of the public how to help restart the heart of someone who has suffered a cardiac arrest. Launched in 2013, they are hoping to make it even bigger and better this year by educating more young people about the benefits of learning cardiopulmonary resuscitation (CPR).

An estimated 60,000 people each year in the UK have an out-of-hospital cardiac arrest and, sadly, less than 10% of those people will survive. Yet, if a bystander is able to start CPR before medical help arrives, they could more than double a person's chance of survival.

In order to support the delivery of this educational resource, the Yorkshire Ambulance Service have kindly offered to come in to school and provide hands-on CPR training to our Year 7 pupils to further enhance the learning.

The Yorkshire Ambulance Service are able to offer this opportunity following a donation to the Yorkshire Ambulance Service Charitable Fund from a patient in Yorkshire who survived a cardiac arrest which has enabled them to purchase the equipment to deliver this valuable training.

The school are aware of the importance of this training through the successful resuscitation of a Year 11 student in 2015 by school staff. The money from this non-uniform day will be split between British Heart Foundation and North Yorkshire Ambulance Service.

Yours faithfully

Mr D Bodey
Deputy Headteacher