



Fulford School

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Headteacher: Ms. L. Savage, BA, NPQH
Deputies: Mr D. Bodey BSc, Mr. T. Johnson, BA

25th September 2014

Dear Parent/Carer

Restart a Heart Day – Thursday 16th October 2014

Fulford School will be taking part in Restart a Heart Day on Thursday 16th October 2014. Each year group will be missing one lesson of the school day to complete their training on the following rolling programme:

Year	Period
11	1
10	2
9	3
8	4
7	5

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 younger 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 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.

Yours faithfully

Mr D Bodey
Deputy Headteacher