



Fulford School

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Dear Parents and Carers

Re: Restart a Heart Day for Year 7 students – Friday 15th October 2021

Fulford School will once again be taking part in Restart a Heart Day on Friday 15th October. Year 7 will be missing one lesson of the school day to complete their cardiopulmonary resuscitation (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 school are also aware of the importance of this training through the successful resuscitation of a Year 11 student in 2015 by school staff.

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 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.

Please note: Students can bring leggings with them to wear under their skirt, if they are concerned regarding movement on the floor during the CPR session.

If you have any questions please do not hesitate to contact me at harrisr@fulford.york.sch.uk

Kind regards,

Mr Harris
Associate Headteacher – Pastoral



The South York Multi-Academy Trust.
Registered address: Fulfordgate, Heslington Lane, Fulford, York YO10 4FY.
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