

Mengham Junior School

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World Restart a Heart Day

Dear Parents/Carers,

If you dropped off your child at school today, you may have noticed a large number of manikins being transported into the school building!

This is because the 16th October is World Restart a Heart Day, a worldwide initiative, and we were very fortunate to be offered the opportunity to be trained by the Southern Health NHS Foundation Trust in the use of CPR as part of the British Heart Foundation Call Push Rescue campaign for schools.

Today your child has been taught by trained professionals how to perform cardiopulmonary resuscitation (CPR) using an interactive DVD and practical instruction on CPR training manikins. They have also been taught how to place a casualty in the recovery position.

Whilst we have encouraged the children to share with you what they have learnt today, we have stressed the importance of not practising on each other, or anyone else. You could however, encourage your child to show you what they have learnt on a teddy.

We would like to congratulate the children for their enthusiasm, confidence and responsible attitudes during their one-hour session today.

Further information on Restart A Heart Day can be found on the Resuscitation Council UK website (www.resus.org.uk) and there is a Lifesaver App you can download here: <https://lifesaver.org.uk/>.

Kind regards,

Odele Davies and Edward Harrison
Co-Headteachers

At Mengham Junior School we aspire to be Successful learners, Confident individuals,
Responsible members of our community





Steps to CPR

Less than 1 in 10 people in the UK survive an out-of-hospital cardiac arrest. And every delay reduces a person's chance of survival.

A cardiac arrest is the ultimate medical emergency. Follow these steps to save a life.

CALL PUSH RESCUE

To learn life saving CPR visit bhf.org.uk/cpr

