



**HECKMONDWIKE**  
GRAMMAR SCHOOL

RLP/SMF

October 2021

Dear parent/carer

I am writing to inform you that your child will be learning CPR during one of their lessons on Friday 15 October 2021 as part of World Restart a Heart Day. CPR stands for cardiopulmonary resuscitation, which is used to revive a person after a cardiac arrest. CPR is part of the health education curriculum for secondary school pupils in England. The session will be delivered sensitively by staff and volunteers from Yorkshire Ambulance Service, which has provided the life-saving training to more than 150,000 young people since it started its Restart a Heart campaign in 2014.

The lesson will include how to identify whether someone is in cardiac arrest and how to perform hands-only chest compressions to give the person their best chance of survival before the arrival of an ambulance. The session will use mannequins to teach CPR and activities have been adapted in the light of Covid 19: the mannequins will be sanitised regularly throughout the day, and hand sanitiser will be provided to sanitise before, during and after the lesson. The mannequins are used to teach chest compression techniques only; mouth to mouth resuscitation is not taught.

Your child/children may have questions about some of the related topics and themes that will be explored at school, and we would encourage further discussion at home wherever possible. For more information, we would recommend visiting the Yorkshire Ambulance Service Restart a Heart website at [www.restartaheart.yas.nhs.uk](http://www.restartaheart.yas.nhs.uk) where you will find more information.

If you have any queries or concerns, please do not hesitate to contact me.

Yours faithfully

Rebecca Pyrah  
PSHE subject leader