



Tadcaster Grammar School

'A Culture of Excellence'

12 September 2018

Dear Parents

Restart a Heart Day 2018

On Tuesday 16 October 2018, to mark European Restart a Heart Day Yorkshire Ambulance Service Charitable Trust Fund will again be providing free cardio pulmonary resuscitation (CPR) training to thousands of youngsters at secondary schools across Yorkshire.

Restart a Heart Day is an annual initiative created by the European Resuscitation Council (ERC) aimed at increasing survival rates from out of hospital cardiac arrests.

If someone suffers a cardiac arrest, their chances of survival increase two fold if CPR is commenced before the ambulance service arrives.

We have agreed we would like to participate again as we did last year. This will involve all our **Year 8** students. It will involve each student attending the session for half an hour.

If you would like to find out more information about this project the link is:

<http://www.restartaheart.yas.nhs.uk>

or

<https://www.bhf.org.uk/heart-health/how-to-save-a-life/cpr-kits/cpr-training-for-schools/restart-a-heart-day>

Yours sincerely

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