



Building Inspiring Caring

CIRCULAR 2018/19 TL021

To: Parents/ Guardians Yr8 students  
Cc: Bursar

October 2018

### **Restart a Heart Day – Tuesday 16<sup>th</sup> October**

Blackwater Integrated College have registered to participate in Restart a Heart Day on Tuesday 16<sup>th</sup> October. Restart a Heart Day is an initiative developed and launched by the European Resuscitation Council in conjunction with the Northern Ireland Ambulance Service, to teach members of the public how to help restart the heart of someone who has suffered a cardiac arrest. This year for the first time it will be a GLOBAL event.

Our school will be joining many people, communities and organisations across Northern Ireland who have signed up to provide lifesaving CPR awareness and training. In Northern Ireland if you suffer an out of hospital cardiac arrest you have a one in ten chance of surviving, bystander CPR can increase the chances two or three times. Increasing knowledge and training in CPR will save lives in Northern Ireland.

Blackwater IC is a registered Heartstart school and two members of school staff are trained to deliver emergency lifesaving skills. We are planning to train a whole year group to become lifesavers and year 8 have been selected to participate in this.

The training will take part throughout the day on Tuesday 16<sup>th</sup> October, year 8 will be divided up into groups and taken out of normal timetabled classes. This training involves the use of a 'little Anne' resuscitation dummy. Our records currently indicate that in year 8 there are no allergies that would prohibit the use of this equipment. If this is incorrect or you DO NOT wish your child to participate please contact the College.

Thank you

K Mallon (Mrs)