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Our Ref: MF/SN

3<sup>rd</sup> October 2022

Dear Parents and Carers,

We are writing to inform you that your child/children will be learning CPR as part of their “Year 8 Be Safe and Healthy Day” on Friday 14<sup>th</sup> October 2022. They will be joining millions of children up and down the country who will also be taking part in Restart a Heart Day. CPR stands for cardiopulmonary resuscitation which is used to try to revive a person after a sudden cardiac arrest.

CPR is now part of the health education curriculum for secondary school pupils aged 12 and over in England. The lesson will be taught sensitively by volunteers from Yorkshire Ambulance Service which has provided the life-saving training to more than 180,000 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 (has collapsed and stopped breathing normally) and how to perform hands-only chest compressions to give the person their best chance of survival before the arrival of an ambulance.

As 80% of out-of-hospital cardiac arrests happen in the home, you can be reassured that they will be learning skills that may one day help someone close to them.

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.

You may also want to visit the Resuscitation Council UK Lifesaver website as a family at [www.lifesaver.org.uk](http://www.lifesaver.org.uk). Lifesaver offers a stimulating and interactive way for people of all ages to learn CPR. Lifesaver has a scenario specifically designed for young people to learn effective resuscitation techniques and build their confidence to be able to use these skills in an emergency.

On the day pupils will also have the opportunity to study First Aid with the Red Cross, they will learn essential first aid skills. Pupils will be able to build their confidence and willingness to help someone in an emergency, using everyday objects that they have around them.

Not only will pupils be studying CPR and first aid, they will also have the opportunity to study a variety of other important topics as part of their PSHE curriculum entitlement. Guest speakers will be delivering sessions to pupils throughout the day. Change4Life will deliver workshops on the importance of a healthy breakfast. The Cross Project will be delivering a session on the effects and impact of bullying. As well as this, Spectrum will be delivering a lesson on what constitutes as a healthy relationship and the concept of consent. Finally, we have West Yorkshire Police delivering a workshop about drug misuse, this will include interactive and age-appropriate conversations about the dangers of drugs, we aim to help pupils develop their knowledge and skills they need to live healthy lives.

As always, we encourage further discussions at home relating to these areas, we would recommend visiting the websites below for further information, should it be required;

<https://www.nhs.uk/change4life>

<http://www.crossproject.co.uk/>

<https://spectrumhealth.org.uk/>

<https://www.redcross.org.uk/>

<https://www.westyorkshire.police.uk/>

We hope your child/children are excited to take part in their “Year 8 Be Safe and Healthy Day” and if you would like to keep updated on the days’ activities please follow our Twitter where we will be sharing tweets throughout the day. All resources from the day will be made available on the pupil hub should your child need further sign posting.

Yours faithfully



**Ms M Page**  
Assistant Headteacher



**Mrs M Frampton**  
Teacher of PE and Drop-Down Day Coordinator



**Twitter:** @CastlefordAcad



Healthy Schools



**Web:** [www.castlefordacademy.com](http://www.castlefordacademy.com)

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