



14 November 2025

Dear Parents/Carers,

## Year 10 CPR Training with Heartwise Schools Programme

We are pleased to inform you that on Wednesday 19th November, all of our students in Year 10 are being given the opportunity to take part in a valuable life-saving skills session delivered by the Heartwise Schools Programme, a charity dedicated to providing CPR training in schools.

During one of their 50-minute lessons, students will receive hands-on training covering:

- CPR (Cardiopulmonary Resuscitation)
- AED (Automated External Defibrillator) use
- Recovery position techniques
- Why is CPR Training Important?



Heartwise Schools Programme

Students will work in small supervised groups where they will recognise how to spot and react to cardiac arrest, work with an 'Anne Manikin' practising CPR, complete training on the recovery position, discuss the importance of defibrillators and look at how they are used as well as being given the opportunity to ask any questions to the qualified trainers.

Every year, thousands of people suffer cardiac arrests outside of hospitals. Immediate CPR can double or even triple the chances of survival. By learning these skills, students gain the confidence and ability to act quickly in an emergency, potentially saving a life. This training empowers young people to make a real difference in their communities.

We understand that such training could be upsetting for students. A member of our DSL team will be in all of the sessions should students feel the need to speak with someone. If you have any questions or require further information regarding the training, please do not hesitate to contact me: [terri.black@humphreyperkins.org.uk](mailto:terri.black@humphreyperkins.org.uk)

Yours sincerely,

Terri Black

Team Leader and School Mental Health Lead

