



**Arnold Hill
Academy**

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Be inspired and achieve together

11th October 2018

Dear Parent

Re: "Restart a Heart Day" 16th October 2018

Tuesday 16th October is National 'Restart a Heart day'. This is an annual initiative which aims to train as many young people across the country as possible in CPR in one day. On this day, at the Academy, our year 8 pupils will be taking part in an event run by East Midlands Ambulance staff and volunteers in conjunction with the Resuscitation Council (UK) and the British Heart Foundation. Pupils will attend a half hour session where they will be taught how to perform CPR and how to use a defibrillator.

We hope you will support participation in this event however, if you do have any questions or concerns you wish to discuss, please do not hesitate to contact me.

More details about the initiative can be found on the following link which I am sure you will find useful <https://www.eastamb.nhs.uk/your-service/campaigns/restart-a-heart-day-2018.htm>

Yours faithfully

Adam Kelly

Head of Year 8

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