



Upper Beeding Primary School

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Year 5-6 Restart a Heart Day

Wednesday 16th October 2024



Did you know that around 80% of cardiac arrests happen at home and tragically only 1 in 10 people survive?

Upper Beeding Primary School is excited to be taking part in the **Restart a Heart Day** with Air Ambulance Charity Kent Surrey Sussex (KSS) **on Wednesday 16 October** to help train as many children and adults across the South East in how to

do CPR and use a defibrillator to ensure the lives of more people experiencing cardiac arrest can be saved.

In school we'll be learning about what to do in an emergency and how to do CPR and use a defibrillator via online live stream training sessions with the expert paramedics and doctors from KSS specifically aimed at primary children.

And you can play your part at home too! KSS will also be live-streaming a free 30-minute online Parent and Child training session at 5:00pm that you can do together at home as a family or even with friends and neighbours. It's quick and easy to sign-up at aakss.org.uk/restart. Via the link, you'll also find the other free online live and pre-recorded sessions, and in-person, training events for every age group that KSS is running from Tuesday 15 to Sunday 20 October.

We're encouraging everyone to learn these simple lifesaving skills with KSS, because by starting bystander CPR and using a defibrillator ahead of the emergency services arriving you can more than double your loved one's chance of survival.

Please can we ask all children in Years 5 & 6 to bring in a cushion or a largish cuddly toy on 16th October so they can practise CPR whilst watching the online training session.



Regards

Year 5/6 team.

