



January 2025

Dear Parents/Carers,

Air Ambulance basic lifesaving skills – Save a Heart Day

We are delighted to let you know that Air Ambulance are dedicating a full day to come into school on Friday 14th February to offer parents and grandparents the chance to learn how to do CPR effectively and how to use a defibrillator.

Did you know Cardiac Arrests are the most called to incidents for our Critical Care Teams? But did you also know that **fewer than 1 in 10 survive** an out of hospital cardiac arrest? For every minute that someone is in cardiac arrest without receiving CPR and early defibrillation used on them, their chance of survival decreases by 10%. Early defibrillation within 3–5 minutes of collapse can increase survival rates by up to 50-70%.

At Air Ambulance, it is their mission to boost the confidence of our community to begin basic life support when they see someone collapse. Their CPR Skills for Life training will give you and your relatives the confidence and knowhow to step in with early intervention.

We will have four different sessions available throughout the day on Friday 14th February that you can sign yourself up to, or your child's grandparent. Please click on this link to reserve your space <https://forms.office.com/e/pTvPdOXvww>. All sessions will last for an hour and a half which includes an hour's lesson from Air Ambulance leaving you time for refreshments and a chat with the group. All sessions are limited to 30 people, so we have asked you to put a reserve second choice time in case we cannot allocate you to your first choice. There will be a session available whilst the school disco for Year 7 and 8s is taking place.

The sign-up link will be open from Thursday 16th January at 5pm until Wednesday 4th February at 4pm. All attendees will be notified by Monday 10th February as to what their time slot will be. It will be a festive, end of half term feel here at Noadswood, as it is our Wear Something Different Day raising money for the same cause, and we will also be holding a Year 7 and 8 Valentines Bake Sale for causes we will tell you about soon.

Please feel free to get in touch with me if you have any further questions.

Yours sincerely

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School Business Manager

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