



10 October 2025

Dear Parents and Carers,

Subject: Year 10 Restart a Heart Sessions: Thursday 16th October 2025

As part of our commitment to supporting our students in developing essential life skills, all of our Year 10 students will be taking part in Restart a Heart sessions on Thursday 16th October 2025.

What is Restart a Heart?

Every October, organisations around the world, including UK Ambulance Services, universities, first aid charities, and community based groups, come together to increase public awareness of cardiac arrests and to train more people in lifesaving CPR and defibrillation skills.

The Restart a Heart campaign provides an important opportunity for people of all ages to learn what to do in a medical emergency. These sessions empower young people to act confidently and effectively if someone experiences a sudden cardiac arrest, helping to improve survival rates in our communities.

About the Session

Our Year 10 students will receive a hands-on 30 minute training session in CPR (cardiopulmonary resuscitation) and learn how to use a defibrillator. The sessions will be delivered by trained instructors and will take place during the school day.

We understand that this topic may be sensitive or difficult for some students. If you feel that your child would prefer not to take part in the session, please let us know in advance, and they will remain in their timetabled lesson.

If you have any questions or concerns, please do not hesitate to contact us.

Kind regards,

Great Marlow