




# Healthy Heart Day!

## Thursday 13 June

We are celebrating Healthy Heart day this Thursday, 13 June, when we will be raising children's awareness of the importance of a healthy heart.

The children will take part in a class-based Healthy Heart activity and exercises to get their pulses racing during the day!

We are hoping to purchase our own defibrillator to keep in school.

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|  | <p>A defibrillator is a device that gives a high energy electric shock to the heart of someone who is in cardiac arrest.</p> <p>This high energy shock is called defibrillation, and it's an essential part in trying to save the life of someone who's in cardiac arrest.</p> |
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We are asking children to mark the day by wearing an item of red clothing and bringing in a contribution of £2 to go towards the cost of the defibrillator and the training of pupils. All Cardinal Newman staff are trained in First Aid and the use of a defibrillator.

Thank you for your support.