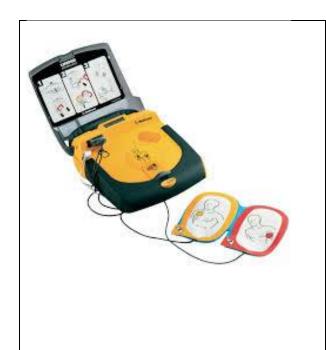


We are celebrating Healthy Heart day this Thursday, 13 June, when we will be raising children's awareness of the importance of a healthy heart.

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.



A defibrillator is a device that gives a high energy electric shock to the heart of someone who is in cardiac arrest.

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.

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.