**Template letters for parents/guardians**

*You may wish to let parents and guardians know in advance that you will be covering CPR within your lesson. This will be particularly important if you need your students to bring in a cushion or to download an app in advance of the lesson onto their own personal device.*

*Below are some template letters you can amend or adapt for your school, to reassure parents and guardians that the subject will be delivered sensitively and appropriately. Please use the template that is relevant to the way you will be teaching CPR in the lesson.*

*The template letters also include a link to Resuscitation Council UK’s website so parents can find out more about CPR and a link to the Lifesaver website.*

**Template letter 1: Lifesaver using teacher demonstration**

Dear

We are writing to inform you that your child/children will be learning CPR in a lesson on [insert date]. CPR stands for cardiopulmonary resuscitation. It is a term that embraces the different techniques used to try to revive a person after a sudden cardiac arrest.

[Include for schools in England

CPR is now part of the health education curriculum for secondary school pupils aged 12 and over in England.]

We will teach the lesson sensitively, and we will be using resources created by Resuscitation Council UK. Resuscitation Council UK publishes the UK’s Resuscitation Guidelines, and is working towards a day when everyone in society has the skills they need to try to save a life.

The lesson will help your child/children to identify whether someone is in cardiac arrest (has collapsed and has stopped breathing normally), to learn CPR and to understand the role of Automated External Defibrillator (AED), a machine you can safely use to try to restart a heart. An AED guides the user through the process with prompts and commands and analyses precisely the heart rhythm of the person who has collapsed and will only deliver a shock if it is required.

The resources we will be using to teach CPR and awareness of AEDs include an award-winning game-in-a-film, Lifesaver, which offers a stimulating, and interactive way for people of all ages to learn CPR. Lifesaver has a scenario designed specifically for young people to learn effective resuscitation techniques and build their confidence to be able to use these skills in an emergency.

80% of cardiac arrests happen in the home so you can be reassured that they will be learning skills that one day may help someone close to them.

Your child/children may have questions about some of the topics and themes that will be explored in class and we encourage further discussion at home wherever possible. For more information, we recommend you visit RCUK’s website at [www.resus.org.uk](http://www.resus.org.uk) where many frequently asked questions are answered. There are also other scenarios on the Lifesaver website – [www.lifesaver.org.uk](http://www.lifesaver.org.uk/) - that you may want to play as a family to help ensure you all have the knowledge and skills to carry out CPR if someone has a cardiac arrest and also what to do if you witness someone choking.

Yours sincerely

**Template letter 2: Individual students using Lifesaver app on phone/tablet**

Dear

We are writing to inform you that your child/children will be learning CPR in a lesson on [insert date]. CPR stands for cardiopulmonary resuscitation. It is a term that embraces the different techniques used to try to revive a person after a sudden cardiac arrest.

[Include for schools in England

CPR is now part of the health education curriculum for secondary school pupils aged 12 and over in England.]

We will teach the lesson sensitively, and we will be using resources created by Resuscitation Council UK. Resuscitation Council UK publishes the UK’s Resuscitation Guidelines, and is working towards a day when everyone in society has the skills they need to try to save a life.

The lesson will help your child/children to identify whether someone is in cardiac arrest (has collapsed and has stopped breathing normally), to learn CPR and to understand the role of Automated External Defibrillator (AED), a machine you can safely use to try to restart a heart. An AED guides the user through the process with prompts and commands and analyses precisely the heart rhythm of the person who has collapsed and will only deliver a shock if it is required.

The resources we will be using include an award-winning game-in-a-film, Lifesaver, which offers a stimulating, and interactive way for people of all ages to learn CPR. Lifesaver has a scenario designed specifically designed for young people to learn effective resuscitation techniques and build their confidence to be able to use these skills in an emergency.

To participate in the lesson,

* We ask that you download Resuscitation Council UK’s Lifesaver App onto your child’s/children’s smartphone or tablet in time for their lesson on [insert date].

You can access links to download from:

<https://www.resus.org.uk/public-resource/how-we-save-lives/lifesaver-learning/lifesaver> only include this information if they need to use their own device. [School to add some instructions about how they will still be involved if they don’t have their own device]

* They will also need to bring in headphones - only include this information if they need to bring in their own headphones

80% of cardiac arrests happen in the home so you can be reassured that they will be learning skills that one day may help someone close to them.

Your child/children may have questions about some of the topics and themes that will be explored in class and we encourage further discussion at home wherever possible. For more information, we recommend you visit RCUK’s website at [www.resus.org.uk](http://www.resus.org.uk) where many frequently asked questions are answered. There are also other scenarios on the Lifesaver website – [www.lifesaver.org.uk](http://www.lifesaver.org.uk/) - that you may want to play as a family to help ensure you all have the knowledge and skills to carry out CPR if someone has a cardiac arrest and also what to do if you witness someone choking.

Yours sincerely

**Template letter 3: Individual students using Lifesaver VR app on phone**

Dear

We are writing to inform you that your child/children will be learning CPR in a lesson on [insert date]. CPR stands for cardiopulmonary resuscitation. It is a term that embraces the different techniques used to try to revive a person after a sudden cardiac arrest.

[Include for schools in England

CPR is now part of the health education curriculum for secondary school pupils aged 12 and over in England.]

We will teach the lesson sensitively, and we will be using resources created by Resuscitation Council UK. Resuscitation Council UK publishes the UK’s Resuscitation Guidelines, and is working towards a day when everyone in society has the skills they need to try to save a life.

The lesson will help your child/children to identify whether someone is in cardiac arrest (has collapsed and has stopped breathing normally), to learn CPR and to understand the role of Automated External Defibrillator (AED), a machine you can safely use to try to restart a heart. An AED guides the user through the process with prompts and commands and analyses precisely the heart rhythm of the person who has collapsed and will only deliver a shock if it is required.

The resources we will be using include an award-winning game-in-a-film, Lifesaver VR, which offers a stimulating, and interactive way for people of all ages to learn CPR. Lifesaver has a scenario designed specifically designed for young people to learn effective resuscitation techniques and build their confidence to be able to use these skills in an emergency.

To participate in the lesson,

* We ask that you download Resuscitation Council UK’s Lifesaver VR App onto your child’s/children’s smartphone in time for their lesson on [insert date]. You can access links to download it from: <https://www.resus.org.uk/public-resource/how-we-save-lives/lifesaver-learning/lifesaver-vr>

only include this information if they need to use their own device. [School to add some instructions about how they will still be involved if they don’t have their own device]

* They will also need to bring in a cushion or pillow from home [include if not using manikins]

80% of cardiac arrests happen in the home so you can be reassured that they will be learning skills that one day may help someone close to them.

Your child/children may have questions about some of the topics and themes that will be explored in class and we encourage further discussion at home wherever possible. For more information, we recommend you visit RCUK’s website at [www.resus.org.uk](http://www.resus.org.uk) where many frequently asked questions are answered. There are also other scenarios on the Lifesaver website – [www.lifesaver.org.uk](http://www.lifesaver.org.uk/) - that you may want to play as a family to help ensure you all have the knowledge and skills to carry out CPR if someone has a cardiac arrest and also what to do if you witness someone choking.

Yours sincerely

**Template letter 4: Student learning using teacher demo and practice using manikins**

Dear

We are writing to inform you that your child/children will be learning CPR in a lesson on [insert date]. CPR stands for cardiopulmonary resuscitation. It is a term that embraces the different techniques used to try to revive a person after a sudden cardiac arrest.

[Include for schools in England

CPR is now part of the health education curriculum for secondary school pupils aged 12 and over in England.]

We will teach the lesson sensitively, and we will be using resources created by Resuscitation Council UK. Resuscitation Council UK publishes the UK’s Resuscitation Guidelines, and is working towards a day when everyone in society has the skills they need to try to save a life.

The lesson will help your child/children to identify whether someone is in cardiac arrest (has collapsed and has stopped breathing normally), to learn CPR and to understand the role of Automated External Defibrillator, a machine you can use to try to restart a heart.

During the lesson we will demonstrate the process they should follow if they discover someone who has collapsed and stop breathing normally to give the person their best chance of survival.

80% of cardiac arrests happen in the home so you can be reassured that they will be learning skills that one day may help someone close to them.

Your child/children may have questions about some of the topics and themes that will be explored in class and we encourage further discussion at home wherever possible. For more information, we would recommend visiting RCUK’s website at [www.resus.org.uk](http://www.resus.org.uk) where many frequently asked questions are answered.

You may also want to visit the Lifesaver website together as a family – [www.lifesaver.org.uk](http://www.lifesaver.org.uk). Lifesaver offers a stimulating, and interactive way for people of all ages to learn CPR. Lifesaver has a scenario designed specifically designed for young people to learn effective resuscitation techniques and build their confidence to be able to use these skills in an emergency.

Yours sincerely