

Hawarden High School

Know Your Pulse Summary

As part of our Year 10 PSHE curriculum, teachers led the pupils through practical lessons that covered various topics from simple anatomy of the heart and how it works to emergency first aid in case of an unconscious, not breathing casualty. Within these sessions pupils were taught the importance of healthy eating to maintain a healthy heart, how to find and monitor their pulse, what happens to their pulse when exercising and what happens to the body if there is a sudden heart failure.

The sessions were very positive as the school does have within it pupils who are receiving ongoing treatment for various heart issues, following the lessons pupils showed far greater levels of understanding and felt more confident of what to do in case of an emergency. In fact many of them have downloaded the app! In particular I was pleased, as a pastoral leader, that the pupils gained the confidence to look after their personal health with regard to their heart and if they were ever in a situation that needed the AED, which you are kindly providing, they know now what to do and why it will become a vitally important part of our school.

Upon receipt of the AED we will deliver a series of assemblies to re-enforce the message and raise awareness of Sudden Cardiac Arrest and the Arrhythmia Alliance. The AED is also being placed in an area of the school that is used by the community after school to ensure we give the most people possible access to a life saving device.

