



Guilsborough CEVA Primary School

Defibs in Schools Project

March 2015

We heard about the Arrhythmia Alliance Defibs in Schools project and, as a primary school, we were very keen to get involved. Our school is in a quite rural location, at least ten miles from any major town, so any first aid emergency is always especially difficult to manage. As a staff team, we undertook first aid training recently, so that more of us were able to deal with any accidents or illnesses, and it was then that the possibility of housing a defibrillator was first discussed. We all felt strongly that having a defibrillator here would be very beneficial.

Luckily, our parents agreed with us, and helped support a Defib Project Day. We did a variety of activities to raise the funds, these included the pupils wearing their own clothes to school for a donation (we called this Dress Down for a Defib!) and our staff all baked cakes and sold them to the children. Classes also did some Know Your Pulse activities, some combining this with a PE session, and others in their classrooms. The pictures show one of the classes taking their pulses before and after exercise – apologies for the clothing, but it was our Dress Down Day too.

Speaking to parents and community members, we are now going to try to raise the money to house the defibrillator outside of the school building, so that it can be accessed day and night, and all year round. We have already got a few extra ideas, including a coffee morning and a Danceathon – one of our parents is a fitness instructor and is planning an all-day sponsored keep fit activity, for adults and children. So, fingers crossed!

Thank you very much for the opportunity.

Dr Yvonne Watts