



# Notley High

School and Sixth Form

Enjoy, Enrich, Achieve, Aspire.

12 December 2024

Dear Parents and Carers

On **Wednesday 18th and Thursday 19th December**, our Year 13 CPR Champions—trained by Adam Carr, a Critical Care Paramedic with Essex Air Ambulance—will deliver CPR training to every student at Notley High School and Sixth Form. This invaluable initiative equips students with essential life-saving skills, empowering them to act confidently in emergencies.

Each year group has been divided into their X and Y band, with each band allocated a one-hour session. During this time, students will:

- Learn essential lifesaving skills, including how to perform CPR and use a defibrillator.
- Practice these skills in small groups of six, ensuring hands-on experience and individual guidance. Learning mentors will be supporting as per their usual timetable.

This programme not only builds vital practical skills but also fosters a sense of community responsibility and personal confidence.

Knowing CPR is a vital skill that empowers individuals to act confidently in emergencies. By participating in this programme, students become part of a larger effort to create safer communities and promote the importance of first-response intervention.

This initiative is led by Essex Air Ambulance. They aim to expand this programme to other schools, showcasing its impact through a press release and national news coverage.

Filming will take place on **Wednesday morning** and will include students from **7X, 8X and 10Y**, based on their English class bands. Please rest assured that:

- Students with protection orders will not be filmed.
- If you would prefer that your child is not included in the footage, please contact me directly at [maria.gladen@notleyhigh.com](mailto:maria.gladen@notleyhigh.com) by Monday 16th December.

This is a unique opportunity for your child to develop critical skills, work closely with peers, and contribute to a community initiative that highlights the importance of health education. Being part of such an impactful programme—especially one featured on a national platform—fosters confidence, teamwork, and a sense of civic responsibility.

We are incredibly proud to host this event and grateful to our Year 13 CPR Champions for their leadership in making it possible.

Thank you for your continued support. If you have any questions or concerns, please don't hesitate to reach out.

Yours faithfully

Maria Gladen  
Assistant Headteacher (Personal Development)

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