

Physical Education News

The 5th – 8th grade students will be guided through a CPR course in February. This will be in conjunction to our preparations for Jump Rope/Hoops for Heart community service March 8th and 9th during PE class time.

This will be our 3rd year in a row participating in the American Heart Association's fight against Heart disease and Strokes. Due to our participation, our PE classes 6th thru 8th are being given a CPR Anytime Kit valued at around \$40 a kit for no cost to us! After exploring the CPR course in PE the children will be able to bring their kits home to use with their families.

CPR Anytime is a self-directed, personal CPR kit that makes learning the core skills of CPR easy, convenient, affordable and fun for the whole family. It takes just 22 minutes to learn and can be done anywhere. The *CPR Anytime* line of self-directed learning products was developed to increase CPR knowledge and awareness among the general public – those who do not traditionally attend CPR courses. Currently:

- Almost 80 percent of out-of-hospital cardiac arrests occur at home and are witnessed by a family member
- Only 6.4 percent of sudden cardiac arrest victims survive because the vast majority of those witnessing the arrest are people who do not know how to perform CPR

CPR Anytime is a tool that can help increase survival rates in communities across the country. People who receive the *CPR Anytime* kits are able to share lifesaving skills with their loved ones by using the kit to train their entire family. Using a multiplier effect, studies have shown that for every single *CPR Anytime* kit used for training, an average of 2.5 people learn how to perform CPR.

It is my hope that the blessing of this opportunity will help people to save another's life if ever in the situation.

Serving Him,

Mrs. Messina