



CELEBRATING 37 YEARS IN THE NIAGARA REGION

6017 Valley Way, Unit A, Niagara Falls ON L2E 1X9 * Tel: 905-358-5552 Fax: 905-358-6033 Email: info@heartniagara.com

Dear Grade 7 Teacher,

2014-2015

As you are aware, the incidence of heart disease continues to rise. This emphasizes the need for additional education for young people on making healthy choices and responding in case of emergency. ***What could be more useful than learning how to save a life?*** Heart Niagara would like to offer the grade 7 Healthy Heart Schools' Program, which includes Heart Saver CPR training and a heart health risk assessment, to your class for only \$5 per student (over \$50/person value).

Heart Niagara designed the Program to further support childhood education on the potential risk of heart disease. The CPR training and heart health assessment will be offered as curriculum enrichment in a 2.5 hour block in the gym. The curriculum focuses on increasing emergency response skills and providing age appropriate insight into lifestyle choices which will impact their heart health.

On the Heart Health Day your grade 7 students will learn how to:

- √ Reduce the risk of heart disease
- √ Recognize the signs/symptoms of a heart attack
- √ Initiate the chain of survival
- √ Perform chest compressions
- √ Perform abdominal thrusts for choking victims

A presentation on healthy eating, physical activity, and avoiding tobacco will be provided by Heart Niagara staff. The heart health assessment includes a health questionnaire and measurements of each student's height, weight, waist circumference, and blood pressure. We will provide a privacy barrier for measurements that may be considered of a sensitive nature. Students receive a take-home sheet with their results and a CPR certification card.

Once you have booked the Heart Health Day, you will be given assessment booklets to send home with the students for consent and completion. As the teacher you will be required to be present for the Heart Health Day as well as distribution and collection of consent forms and the fee. Collection of the consent form and health questionnaire prior to our visit on the Heart Health Day is very important.

Many schools choose to request funding through parent council to eliminate per student cost. Please be assured no student will be left behind.

Heart Niagara, in collaboration with the DSBN, NCDSB, and the Heart and Stroke Foundation, placed an automated external defibrillator (AED) in every Niagara elementary school last year. Please consider organizing a Heart Health Week, with our assistance, at your school to increase awareness and knowledge of heart healthy choices.

Heart Niagara is a registered non-profit agency and is committed to increasing the number of heart healthy citizens in Niagara. If you have any questions please contact Heart Niagara at 905-358-5552, or email info@heartniagara.com.

Sincerely,

Karen Stearne
Executive Director

