

**Dear Grade 9 Teacher,**

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 emergency response. ***What could be more useful than learning how to save a life?***

For over twenty-five years grade 9 students, through a partnership with Heart Niagara, Niagara Region Public Health, and each of the school boards, have increased heart health awareness and cardiopulmonary resuscitation (CPR) training for over 50,000 adolescents. The program is delivered through the Health and Physical Education curriculum and is recognized as the ***Healthy Heart Schools' Program***. Results demonstrate that earlier intervention is a key factor to support adolescents in making positive lifestyle choices.

Heart Niagara designed the Secondary School Program to further support adolescent education in the potential risk of heart disease. The grade 9 program will be offered as curriculum enrichment as two periods on separate days: one for heart health risk assessment and one for CPR. The risk assessment includes a health questionnaire and measurements of each student's height, weight, waist circumference, blood pressure, and non-fasting cholesterol (completed through a simple finger-prick test). Student engagement and comfort is of utmost importance so we will provide a privacy barrier for measurements that may be considered of a sensitive nature. CPR is a skill that the trained public uses to help save lives in cases of heart attack, enabling bystanders to provide immediate aid until EMS (911 responders) arrive.

As the teacher you will be required to be present for both the measurement period and the CPR training period, as well as distribution and collection of the consent form and health questionnaire. Program tools include a **student questionnaire with a parent consent page** to be sent home with students to promote dialogue on risk factors of heart disease and the impact on their family. Students and their health care providers will receive follow-up letters regarding the student's risk assessment.

Our ***Healthy Heart Schools' Program*** visits grade 5, 7, and 9 students with programming tailored to the Ontario curriculum and student needs. We have also informed your school principal of the program.

Heart Niagara is a non-profit agency and is committed to increasing the number of heart healthy and CPR trained citizens in Niagara.

If you have any questions please contact Heart Niagara at 905-358-5552, or email [info@heartniagara.com](mailto:info@heartniagara.com).  
Sincerely,



Dr. Stafford Dobbin  
Medical Director



Jo-Ann Sacco, RN, BScN  
Chair Elementary School Advisory Committee

cc Heather Matthews, DSBN  
Gloria Morris, NRP  
Mike Sheahan, NCDSB

<b>Role</b>	<b>Activity</b>	<b>Expectations</b>
Teacher	Confirm date, location in gym or large classroom with floor space. If available LCD projector and floor mats	Dialogue with Heart Niagara to confirm date. Number of students, location and time
Heart Niagara	Email Parent consent, and family history form to teacher	Teacher will distribute 4 days prior to training and collect applicable fees
Heart Niagara	Send Confirmation of staff names 5 days prior to training date	To ensure that teachers are aware staffing
School and Heart Niagara Staff	Set up teaching area and visual aids	Comfortable learning environment
Heart Niagara Staff	Deliver heart health information through overhead or PowerPoint presentation and group discussion	To provide adolescents current information about their individual heart health profiles to guide them toward making responsible choices.
Heart Niagara Staff	Conduct cardiac risk assessment measurements	Students will line up at one of the stations and rotate through the stations until they have completed all measurements
Teacher Heart Niagara Staff	Collect parent consent forms and student health surveys (from teacher) to bring back to Heart Niagara offices and prepare follow-up letters	To communicate with families regarding program and opportunities for Families to make healthy lifestyle decisions. To educate students on the potential risk of heart disease. To prepare students to respond in case of emergency
Heart Niagara	Evaluation sent by fax and email to teacher	To provide feedback on program delivery and effectiveness to meet enriched curriculum.

### Healthy Heart Schools' Program - Grade 9 Program Request

**Class Date:** \_\_\_\_\_ **Name of School:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City** \_\_\_\_\_ **PC** \_\_\_\_\_

**School Phone:** \_\_\_\_\_ **School Fax:** \_\_\_\_\_

**Teacher Contact:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Principal:** \_\_\_\_\_

**School Nurse:** \_\_\_\_\_ **Nurse Fax:** \_\_\_\_\_

**Room Location on site:** \_\_\_\_\_

**Student #** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Student #** \_\_\_\_\_ **Time:** \_\_\_\_\_

Confirm Scheduling **CALL** 905-358-5552 or [info@heartniagara.com](mailto:info@heartniagara.com)  
or Fax Request to 905-358-6033