THE BUCKINGHAM SCHOOL

An Ofsted Graded Good School

London Road
Buckingham
MK18 1AT
Tel: 01280 812206

Email: office@buckinghamschool.org
Website: www.buckinghamschool.org
Facebook: thebuckinghamschool

Interim Executive Headteacher: Mr A McGinnes
Interim Head of School: Mr M Wardle

24th September 2026

Dear Parent / Carer,

'Restart a Heart' Day

We are writing to inform you that your child/children will be learning CPR on Monday 12th October 2026, as part of World Restart a Heart Day. CPR stands for Cardio Pulmonary Resuscitation, which is used to try to revive a person after a sudden cardiac arrest.

A 40-minute practical training session will be delivered to our Year 7 students and will be taught sensitively by trainers from South Central Ambulance Service, who provide this life-saving training to many young people each year.

The session will include how to identify whether someone is in cardiac arrest (has collapsed and stopped breathing normally) and how to perform hands-only chest compressions to give the person their best chance of survival before the arrival of an ambulance.

As 80% of out-of-hospital cardiac arrests happen in the home, you can be reassured that students will be learning skills that may one day help someone close to them.

Your child/children may have questions about some of the related topics and themes that will be explored at School and we would encourage further discussion at home wherever possible. For more information, we would recommend visiting the Resuscitation Council UK Restart a Heart Day website at https://www.resus.org.uk/get-involved/restart-heart-day and the Lifesaver website at www.lifesaver.org.uk.

Lifesaver offers a stimulating and interactive way for people of all ages to learn CPR. Lifesaver has a scenario specifically designed for young people to learn effective resuscitation techniques and build their confidence to be able to use these skills in an emergency.

Full student participation of those present in the session will be required and we expect our students to display each of our Core Choices at all times.

If you have any questions regarding the above, please do not hesitate to contact us.

Yours faithfully,

Mrs C McKeown
Curriculum Leader, Personal Development
cmckeown@buckinghamschool.org

Miss C McCullough
Geography Teacher
cmccullough@buckinghamschool.org

The Buckingham School is committed to ensure that every student should have the opportunity to attend school activities/obtain equipment, regardless of their financial circumstances. As such, it may be possible to subsidise those students who would otherwise be unable to attend trips/purchase items. Please feel free to write in confidence to finance@buckinghamschool.org, if you wish to seek assistance, or obtain more information about Student Premium funding.