

Wellbeing Wednesday

Dear Parents, Carers & Families

Hello once again and welcome to our tenth wellbeing Wednesday - time is flying this year!

Due to two recent events - one local to us and one national, this week we have been thinking about how to act in an emergency.

Firstly, we discussed staying safe in water and what to do should someone get into difficulties. This week is National Drowning Prevention week and the website below from the Royal Lifesaving Society gives excellent safety advice:



<https://www.rlss.org.uk>

Secondly, we thought about the frightening incident that took place during the Denmark Finland match on Saturday when Christian Eriksen suffered a cardiac arrest on the pitch. He is alive today because of the swift actions of the medics. If we all know how to respond in a situation like this, we can all potentially save a life when needed. This can be upsetting and difficult to think about, but we could all face this situation at some point in our lives. The St John's ambulance link below demonstrates how to perform CPR during the pandemic. There is also guidance on how to perform CPR on babies and children:

<https://www.sja.org.uk/get-advice/first-aid-advice/unresponsive-casualty/how-to-do-cpr-on-an-adult/>



I hope you can take some time to look through this information as we all have a part to play in protecting each other and staying safe.

As always, we are here if you need any support with wellbeing.

Take care

Mrs George and the Wellbeing Team