

Healthy Heart Schools' Program



The Healthy Heart Schools' Program is offered to every grade 9 phys-ed class in the Niagara Region. Along with your Phys Ed teacher, the program teaches you lifesaving skills like CPR and Automated External Defibrillation (AED). It also teaches you about how to keep your heart healthy and ways to prevent getting heart disease as you get older.

The questionnaire that you fill out needs to be completed and signed before your assessment day. There are 3 parts to this program:



Assessment Day

Involves height, weight, waist circumference, blood pressure and cholesterol measurements



CPR/AED Day

Learn how to perform adult and child CPR, choking emergencies and more

Learn about the AED and why it is so important



Classroom Instruction

Taught by the Physical Education Teacher, students learn about heart health and healthy lifestyles



DON'T FREAK OUT!

If your results from the assessment day indicate that you should follow up with your family doctor, you will receive a phone call and letter sent home.

DO NOT PANIC!

You are perfectly healthy! Seeing your family doctor can only help to keep your heart healthy in the future.

THE RESULT

Each student receives a copy of their results to take home

After completing the CPR training, students will receive a certification card in CPR HeartSaver Level A that is good for 2 years

For more info on your results go to www.heartniagara.com



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