



1st February 2019

Dear Parents/Carers

‘Heart Start’ Sponsored Run or Walk - Thursday 14th February 2019

As part of a fundraising initiative to raise money for a defibrillator for Cawston Primary Academy, we are organising a ‘Heart Start’ sponsored run or walk event at school on Thursday 14th February, weather permitting!

A defibrillator is a device that gives a high energy electric shock to the heart through the chest wall to someone who is in cardiac arrest. There are often only minutes to act in an emergency situation requiring a defibrillator and so the school staff and Friends committee feel passionately that this would be a great asset to the school and local community. To maximise its availability the plan would be to house the defibrillator on the outside of the school building, to make it accessible should it be needed by anyone out of school hours.

On the day...

- Please send your children to school in **active wear** and if possible **something red** to fit with the days theme. As the weather may be cold, please make sure they have jogging bottoms and a jumper.
- The Friends committee will be proving tea and coffee in the hall from 9-11am for parents/carers who are able to come and support by watching or participating.

Sessions will start as follows:

- YR/1 and Y4 – 9.30
- Y2 and Y5 – 10.00
- Y3 and Y6 – 10.30

Parents/Carers are welcome to join their child/children in walking/running/skipping or however else you wish, around the school field as many times as you can in the allotted time. The maximum number of laps available during the session will be 5.

Please find the Sponsorship Form for the event attached. Sponsor forms should be returned to school on 14th February for an official stamp. Please drop in sponsorship money in a named envelope to the office or to class teachers by Friday 1st March.

To provide this vital equipment and the weather proof housing, our fundraising target is £1500 so we hope friends and family will be excited by the opportunity to help make this happen. Every penny counts!

We look forward to seeing as many of you as possible on the day. Spectators are just as important as participators and we hope for lots of positive encouragement, clapping and noise from the side lines too!

Yours sincerely

The Friends Committee/ Mrs Swann