

John Donne Primary School

In May we sent letters home to parents to inform them that we are holding a Sponsored Skip event in order to raise money for charity and acquire a defibrillator to be placed at the school.

The event was spread out for the whole week, children were allowed to wear their favourite sports clothes on the day, bring in £1 and participate in the sponsored skip.

On Monday we held a whole school assembly where we talked to the children about the heart and why it is important to keep it healthy with exercise and healthy eating. We also talked to the children about the importance of checking their pulse and why the school wants to place an AED machine on the premises, playing the Know Your Pulse video Arrhythmia Alliance provided.

During the sponsored skip the children had to count their pulse first, skip for one minute and count their pulse again. We sent leaflets home with the children that had information about how to measure their pulse. Our event was a whole school event and all the children from reception class to year 6 took part.







