

Esher Church School

Know Your Pulse Event.....Raising money for Arrhythmia Alliance

The highlight of Esher Church School's Wellbeing Week this year was a Know Your Pulse event organised on behalf of Arrhythmia Alliance, the Heart Rhythm Charity. Our aim was to raise awareness amongst pupils, staff and parents of Sudden Cardiac Arrest (SCA) and emergency lifesaving skills and to raise enough money to acquire an AED for the school.

The children learnt all about their hearts and how blood is pumped around their bodies. They learnt what can happen when heart problems occur and the dangers of sudden cardiac arrest. They practiced taking their own pulses to record their heart rate at rest and after some brisk exercise.



Parents and teachers joined in the fun and learnt some important lifesaving information along the way. Information sheets about AED's went home with every child and generous donations have helped us reach our target of £400 for our own AED at school.

