



The Bulletin

Your Weekly News Update from The Suthers School

In Brief:

- ◆ **Our Word of the Week** was 'resuscitate'
- ◆ **Looking forward to seeing you** at our Open Morning on Saturday 20 October in aid of Macmillan.
- ◆ **Well done to everyone** who took part in our CPR training session this week as part of Restart A Heart Day 2018.
- ◆ **Is your child eligible for Free School Meals?** You can find out and register With Notts County Council [here](#)
- ◆ **Attendance matters**—this week all Year 7 parents will receive our guide to attendance and why it is so important to maintain a 100% attendance record.
- ◆ **Our Year 8 girls football team** will take on George Spencer Academy at home on Monday 22 October - good luck girls!
- ◆ **The deadline for the Year 7 Reading Challenge** is fast approaching—passports need to be in by Fri 26 October.

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CREATING A NEW GENERATION OF LIFESAVERS

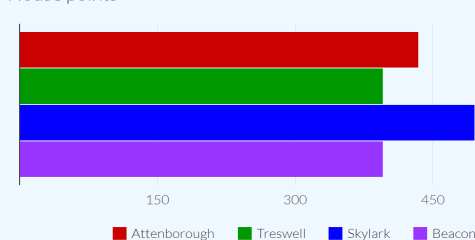
We were proud to support 'Restart A Heart Day 2018' on Tuesday this week, part of a national campaign to give the gift of life-saving skills to as many people as possible. Students explored the workings of the heart in Science, and all of our Year 7s and Year 8s got to grips with the essentials of CPR using kits supplied by the British Heart Foundation. Volunteers from East Midlands Ambulance Service were joined by staff from the Fire Service and the NHS in delivering these vital hands-on workshops. National statistics show that there are more than 30,000 cardiac arrests outside of hospital every year and the survival rate right now is only 1 in 10. Whilst we hope that our students will never have to call upon their training, we are proud to know that they could if they needed to because, as the British Heart Foundation suggest, they just need to remember that when the stakes are this high, 'don't think twice, just try'. We are now looking forward to putting an extended First Aid training course together for enrichment and will share details soon.



Next generation: students getting to grips with CPR skills and exploring how the heart works in Science.

Skylark soar into the lead

House points



With just a week to go until the end of Term 1, it looks like Skylark are on course to claim the top spot in the race to become champions with a 60 point lead—but with the inter-house Healthy Breakfast Challenge coming up, the contest is far from over!