

Saving people -Touching lives

Sir Wilfrid Laurier School Board teachers empower students to save lives!

On January 25th, 15 teachers from the Sir Wilfrid Laurier School Board were trained to empower their students with the award-winning ACT High School CPR Program. As a result of this training, teachers will empower more than 690 local youth with lifesaving CPR training each year. Teachers from Rosemère High School, Ste. Agathe Academy, Laurentian Regional High School, Lake of Two Mountains High School and Joliette High School participated in this important workshop, which will enable them to train students in the Sir Wilfrid Laurier School Board.

Eight in ten out-of-hospital cardiac arrests occur at home, and research indicates that citizens trained in CPR can increase the chance of survival almost four-fold. The ACT Foundation is in partnership with the Ministry of Education, Recreation and Sports and the Ministry of Health and Social Services, sharing the mission to offer ACT's High School CPR program to all public high schools in Quebec.

"From the standpoint of the health and well-being of the population, it is important to ensure that citizens receive early training in CPR," says the Honourable Michelle Courchesne, Minister of Education, Recreation and Sports. "I am proud to support the Advanced Coronary Treatment Foundation (ACT) of Canada, which, through its High School CPR Program, is offering its services to Quebec schools by training adults in the community who will, in turn, introduce students to the technique of CPR."

The ACT Foundation's lead community partner, Giant Tiger, donated training mannequins and funds for program start-up for high schools in the region of Rosemère. ACT's health partners, AstraZeneca, Bristol-Myers Squibb, Pfizer Canada and sanofi-aventis, as well as provincial partner, Sun Life Financial, provide funding for program start-ups in the region of Rosemère and the province of Québec. Their funding is matched by the Government of Quebec in a public-private initiative.

"The teaching of CPR techniques comes under the public-health endeavours to prevent the tragic consequences of cardiovascular accidents," says the Honourable Yves Bolduc, Minister of Health and Social Services. "I am very pleased indeed to support Quebec's deployment of this program, whose success can be seen in the clear interest shown by teenagers in learning resuscitation techniques and in their ability to put them into practice."

To date, the ACT Foundation has established the program in 294 high schools in Quebec, and 100,000 students have been trained to save lives. The goal of the ACT Foundation is to implement the program in all of Quebec's 400 high schools.

"In addition to empowering youth to save lives, the ACT Program has a strong health promotion message," says Sandra Clarke, Executive Director of the ACT Foundation. "Students learn about risk factors for heart disease and the importance of adopting heart healthy lifestyle behaviours at a young

age. They will then bring their health promotion message and lifesaving CPR skills to their present and future families.”

The ACT Foundation is encouraging the Ministry of Education, Recreation and Sports to make CPR training mandatory in the Quebec curriculum. This has already been done in Ontario, Manitoba and Alberta.

To learn about ACT’s many student heroes visit www.actfoundation.ca or www.youtube.com/theactfoundation.

About the ACT Foundation

The ACT Foundation is a national, award-winning charitable organization driving a national campaign to establish CPR training in high schools across Canada. ACT raises funds to donate mannequins, teacher training, manuals and other materials to schools and guides them in program set-up to ensure long-term sustainability of the program. Teachers train their students as a regular part of the curriculum. Core partners behind ACT’s national campaign are AstraZeneca, Bristol-Myers Squibb Canada, Pfizer Canada and sanofi-aventis.