

These kids are no dummies

Bateman students put CPR into practice

By: Jean Konda-Witte

Tuesday, March 02, 2010

The entire class of Grade 10 students at Robert Bateman Secondary is learning something in school that is just about priceless.

They're learning hands-on CPR and gaining the confidence to step up and use it if they ever find themselves in an emergency situation.

Student Faith Dancey is happy to have the cardiopulmonary resuscitation training and now knows what to do in case her baby sister ever started choking.

"I feel very confident that I could help," she said after nearly completing the course.

The program is put on by the ACT Foundation, a non-profit organization that promotes health and empowers Canadians to save lives.

"I was skeptical teaching it, but it was easy," said physical education teacher Tara Plantinga. "The kids were quite serious about it."

More than 200 students at Bateman will take the program over a one-week period of three classes and will receive a level C CPR 'Heartsaver' certification upon completion.

"It's a good thing to put into schools, especially in P.E. where we're trying to keep kids fit," explained Plantinga. "This reinforces the things we're trying to deliver, about being fit."

Envision Credit Union donated the 30 mannequins needed to do the hands-on work and ACT Foundation provided the other materials including age-appropriate CDs.

"I think it's really cool," said student Jenna Campbell. "I want to be a doctor one day, so I want to get as much medical knowledge as I possibly can."

The ACT Foundation is working to set up the lifesaving CPR program in every Canadian high school so that all youth will graduate with the skills and knowledge needed to save lives.

For more information go to www.actfoundation.ca.



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Robert Bateman students were breathing a little fresh air into their usual academic curriculum recently with the addition of CPR training during P.E. class.