

PSHE week – February 2020
Keeping healthy and safe



KS2 and parent
first aid workshops



We learnt about how to respond to a first aid emergency. We learnt how to recognise when something is wrong, know what to do and how to do it.

We started by thinking about what should be in a first aid kit. We learnt what a first aid kit should contain. It was suggested that we ask our parents to check their kits at home to make sure they have all the things that we learnt it should contain



We learnt about DRS ABC which is what to do when we really need to help someone in a serious incident. We learnt that if we are trying to help someone else, we need to think about keeping ourselves safe too.

Finally, children learnt how to deal with bleeding as well as how to apply a bandage.

'It was really helpful to try the things we learnt on each other.' Year 6 child.



Parent Workshop
St John Ambulance also provided a parent workshop. Adults learned CPR and also had the opportunity to ask questions and advice about first aid.

