**Orrets Meadow**

**Governor Report**

**Wednesday 1st May 2019**

**Class Visit**

It is always a pleasure to visit my adoptive class and my thanks to Mrs Billington, Mrs Forshaw and Mrs Bridson. In addition my thanks to Barry and Kevin from the Military School for their warm welcome.

From the governor meetings I was aware the Military School have been delivering sessions in school, the purpose of the lessons is to promote confidence and develop life skills, thus in turn supporting good mental health. This area of the curriculum is a key focus for the school. Teaching each child to learn about the wider world and how we can all help one another especially during an emergency is a skill that continues way beyond childhood.

One of the pupils in the class has already had experience of helping a family member when they became ill. Holding these sessions assists all children to become more confident as an individual, empowering them if there was a need to intervene in an emergency. A key strength is to take the fear out of an emergency situation so that there is knowledge to help in the decision making process. I understood from the session last week the children had learnt about how to apply bandages and administer first aid.

The session today was around CPR, something that we all hope we do not to have to use, however, it is beneficial to learn the skills what steps need to be taken. The adults present found a refresher on what to do useful so everyone attending was able to take something away from the session adults and children alike.

The manner and approach from the two gentleman delivering the course was exceptional and they both had patience took the time to repeat and reinforce the learning objective. The practical activities with little Ann (the dummy) were well received by the children and they enjoyed the physical side of trying out the techniques.

The children learnt about what to do if they found someone unconscious and how to help them. The delivery of the session was specific and targeted and so the children did not have to sit for long periods so their attention span did not waiver. Pupils attending the session by the end were able to identify:-

* How to react if they found someone who appeared unconscious
* How to identify risk before intervention so that they kept the person and themselves safe e.g. water, smoke, electricity
* How to decide if a person was in trouble or perhaps was only asleep
* How to administer CPR safely, including how to tilt head back to ensure they could inflate the lungs. 30 compressions and 2 breaths, everyone remembered the number and they did exceptionally well. The use of anti-bacterial wipes ensured that the pupils were made aware of not passing on germs.

All the children participated in the session and had the opportunity to apply CPR using the dummy.

In addition the five minute break in the wooded area of the field in the school grounds gave the pupils a quick break. The children showed off their bug hotel they had made. They all enjoyed the activities in the wooded area and were keen to make ambulances with full working insides including doors and trolleys for the injured, their imagination was very impressive. It is amazing what can be made with sticks, stones, soil and a bit of creativity.

Everyone returned to the hall to try out CPR again. The children remembered what to do and everyone had a chance to have a second try. They did a great job and I understand they will each get a certificate to take home.

My thanks again to all the children and staff for allowing me to join their lesson and I look forward to seeing them again before too long. The safest class in the whole school if you were to collapse I am sure.

***Cindy Cooper***

***Class Governor***