

Dear Parent/Guardian(s):

Your 8th grade student will be covering the Healthful Living Essential Standards covering Personal and Consumer Health during the first semester.

Personal and Consumer Health covers:

Understanding wellness, disease prevention, and recognition of symptoms

Chronic Diseases

Assessing personal risks for preventable diseases

Evaluation of health information and products

Personal impact on the environment and ways to protect the environment

Heimlich maneuver and basic CPR

In 2012, the NC General Assembly passed House Bill 837 which requires CPR as a graduation requirement. CPR is taught during the 8th Grade Year. Electronic documentation is collected and sent to the high schools regarding the student passing or failing the requirement. Any student not passing the requirement in 8th Grade will be required to retake this segment in high school. The dates for your child’s CPR classes are listed on the back of this letter. If they are absent or injured we will have one make-up session in the spring. If they do not pass or complete the CPR requirement at this time it will be marked as not passing and they will have to retake this segment during high school.

Wake County requires students be instructed in Hands-Only CPR. They will be required to understand and perform the Hands-Only 100 compressions. Students will not be certified once they complete this course. For certification a student could take a class through the American Red Cross. To help your child practice you can view the website listed below. Students can practice the timing of the compressions on a stuffed animal at home.

Hands only CPR website: [www.bethebeat.org](http://www.bethebeat.org) (American Heart Association)

You can also use songs such as Staying Alive and Man in the Mirror to help them practice the timing of the compressions, or go to <http://www.metronomeonline.com> and select 100 on the wheel.

Thank you.

WFMS Healthful Living Department