[Your address, or leave blank]
Date: [date]

Dear Headteacher,

I am writing as a [pupil / parent of a pupil] at [school name] to ask whether the school could look again at how it provides practical first aid and CPR education. I am supporting Learn It. Save a Life., an independent, youth-led campaign that wants every pupil in England to have consistent, practical opportunities to learn these skills.

Cardiac arrest can happen to anyone, anywhere. The British Heart Foundation reports that around 40,000 people in the UK have an out-of-hospital cardiac arrest each year, that fewer than 1 in 10 survive, and that early CPR and defibrillation can more than double the chance of survival. About 8 in 10 happen at home, so the person nearby may well be a child or teenager.

Recognising an emergency and getting the right help quickly matters at every age. Pupils who know how to spot when something is seriously wrong, call 999, give their location and find an adult are better prepared to help, whatever their age.

I recognise that first aid is already part of the statutory health education curriculum in England. For primary pupils, the guidance includes making a clear call to emergency services and the basic concepts of first aid. For secondary pupils, it includes basic treatment for common injuries, life-saving skills including CPR, and the purpose of defibrillators. This letter is not a criticism of your school. It is a request to consider how that curriculum is turned into practical experience.

The campaign believes first aid education should be consistent, practical and properly resourced in every school. I would be grateful if you would consider: reviewing how practical first aid and CPR are currently taught; whether pupils have supervised, hands-on opportunities to learn, ideally led by a qualified first aid trainer; and whether free resources from charities such as the British Heart Foundation, the British Red Cross and St John Ambulance could help.

I would welcome the chance to hear what the school already does and how pupils and parents could help. Thank you for your time, and for everything the school does to keep pupils safe.

Yours sincerely,

[Your name]
[Pupil in Year __ / Parent or carer of a pupil in Year __]

Learn It. Save a Life. is an independent, youth-led campaign founded by Harrison Foster, 15. It is not a training provider and is not affiliated with any organisation named in this letter. learn-it-save-a-life.co.uk