7th Grade First Aid and Safety

Parents for the next 4 and ½ weeks your son/daughter will be studying First Aid and Safety with me. During the First Aid portion of the unit your child will be learning CPR, rescue breathing, choking emergencies as well as bleeding, burns, poisons and joint injuries. All First Aid information will follow the guidelines of the American Red Cross. We also hope to cover basic fire, home, and weather safety. You and your child should expect homework most nights.

1. **Textbooks**: American Red Cross books will be used **in class only. Your child will not be given his/her own book.** Hard copies will be available as a resource in the MSS Library.

2. **Online textbook**: A **downloadable textbook** is available from the American Red Cross in a **PDF form**. The website [http://editiondigital.net/publication/?i=64159](http://editiondigital.net/publication/?i=64159)

3. **Test/quizzes**: American Red Cross quizzes and a practical exam where the student physically performs one of the first aid procedures.

4. **Worksheets**: a copy of the worksheets can be found on **Ms. Jamison’s website** in the 7th grade Health section [http://www.lz95.org/classes/7thgradehealth_kjamison/](http://www.lz95.org/classes/7thgradehealth_kjamison/)

We hope that by sending home this information at the beginning of the unit, you will be more prepared to help your child stay on top of their assignments. After this unit is complete, your child will have completed health for the year. Please sign and return the bottom portion of the letter to me by the third day of class.

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After reading the information regarding the Health unit my child will be taking, I agree to work with my son/daughter to insure their success in completing this program. If I have any concerns or questions, I will not hesitate to call.

Girls PE office: 540-2764         Boys PE office: 540-2765

Student Name: ________________________________

Parent signature: ________________________________

Please return this letter by ________________________