

On Monday, January 26th, The Lyndhurst PAC is pleased to offer:

STAY SAFE COURSE

**CANADIAN
RED CROSS**
TRAINING PARTNER

IN SCHOOLS

9+
YEARS OLD



STAY SAFE CONTENT

- Following the Rules
- Making responsible choices
- Bike and Fire Safety
- Calling 911
- Check, Call, Care
- Unconsciousness
- Choking
- Asthma
- Anaphylaxis
- Minor Cuts
- Severe Bleeding
- Nosebleed

\$30 PER STUDENT

DATE: MONDAY, JANUARY 26, 2026

TIME: 9AM – 3PM

LOCATION: LYNDHURST SCHOOL GYM

Fun & interactive course where students are doing first aid on each other.

Participants should bring a sports helmet.

Red Cross Training Partner certified issued.

BONUS TOPIC - CPR

Please reserve your child's spot today as there are only 30 spots available.

To book your spot please register through the MunchALunch website:
Fundraisers Tab – Stay Safe Course. Please note registration is available only to
children ages 9+ and current students of Lyndhurst Elementary.

For more information, please email: lyndhurstelementarypac@gmail.com

STAY SAFE COURSE

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Training the oldest students in an elementary school in first aid is valuable for several interconnected reasons—both for the students themselves and for the school community:

POSITIVE RIPPLE EFFECT

Influencing others – Their training and confidence may inspire other students to learn first aid.

Community benefit – If these skills are reinforced over the years, they become a generation of young people ready to help in emergencies anywhere.

SAFETY CULTURE IN THE SCHOOL

Peer-to-peer safety support – Younger students often seek help from older ones. Having trained older students increases the safety net in everyday school life.

Prevention & awareness – They learn to identify hazards, which can prevent accidents from happening in the first place.

LIFE SKILLS BEYOND SCHOOL

Transferable skills – These are skills they can use for life, at home, in sports, or in the community.

Confidence in emergencies – Learning how to remain calm and act in a crisis builds resilience and problem-solving skills.

EARLY INTERVENTION IN EMERGENCIES

Quicker response times – In playground accidents or classroom incidents, a trained student can recognize when help is needed and take immediate steps (such as calling for an adult, applying pressure to a wound, or helping a choking peer).

Bridging the gap – Even if an adult is nearby, seconds count. A student who knows what to do can start basic first aid until an adult or medical professional takes over.

EMPOWERMENT & RESPONSIBILITY

Sense of capability – They learn practical skills that allow them to help in emergencies rather than feeling helpless.

Leadership development – As the oldest students, they often act as role models for younger peers. First aid training reinforces their role as responsible leaders.