



SHAKOPEE PUBLIC SCHOOLS FURTHERS COMMITMENT TO CARDIAC SAFETY

District Becomes Minnesota's First Heart Safe Certified School with Project ADAM.

August 8, 2023 - Shakopee Public Schools is the first public school district in Minnesota to be certified as a Heart Safe School by Project ADAM Minnesota. The district unveiled the official Heart Safe banners that will hang outside the schools on Tuesday, August 8, 2023.

Two high school students, Maddie Hoyd and Marian Mohamed, supported efforts alongside the Shakopee Police Department and district Health Services team to get all Shakopee schools (10) certified as Heart Safe. The district received hands-on guidance, advice and support from Nathan Neis, RN, DNP and Dr. Andrew Schneider from Children's Minnesota – an affiliate of Project ADAM. The Health Science Academy within the Academies of Shakopee, which is supported by Academy Champion St. Francis Regional Medical Center, also played a role in real-world learning efforts related to the project.

What is Project ADAM and a Heart Safe School?

Project ADAM is a national program which strives to assist schools and communities in establishing a practiced plan to respond to a sudden cardiac arrest. Project ADAM has saved the lives of more than 200 children, adolescents and adults who went into sudden cardiac arrest

A Project ADAM Heart Safe School is one that has successfully implemented a practiced plan to respond to sudden cardiac arrest, including awareness, training and effective emergency response to promote a safe environment for students, visitors and staff. These schools have AEDs, or automated external defibrillators, in place and have a dedicated team made up of the school nurse and building staff who have been trained to quickly respond when a cardiac emergency may arise.

Sudden cardiac arrest (SCA) is the leading cause of death in young athletes. Though these events are very rare, when they do happen it can have a profound impact on a community.

“The dedication of the students and district staff to achieving Heart Safe status has been incredible. Having the right equipment and training to respond to sudden cardiac arrest can save lives. This is the goal of Project ADAM Minnesota. We look forward to helping more Minnesota schools become Heart Safe.”

Dr. Schneider, Children's Minnesota

District AED Efforts

The certification also positively builds upon volunteer efforts that previously led to district-wide AEDs in the Shakopee school community. In the spring of 2018, a district-wide AED effort was initiated and has resulted in 50+ AEDs being installed throughout the district, both inside the school buildings and onsite at outdoor fields. 40+ of the AEDs noted have been donated by community members. Shakopee Public Schools worked directly with Advanced First Aid, Inc. to place the HeartSine 360P fully automatic AEDs throughout the district and continue to manage testing, training and maintenance efforts.

Learn More About AED Volunteer Efforts



Watch the WCCO Spring News Spotlight



Learn More About Project ADAM





DISTRICT RESOURCES

Stay Connected!

Scan the QR codes below with a smart phone to gain access to the noted resources. Shakopee Valley News is the district's newspaper of record; WCCO-TV is the district news station of record.

This is Shakopee Public Schools!

At Shakopee, it's ALWAYS a great day to be a Saber! Get excited to be a part of Saber Nation by visiting our district YouTube page or scanning the QR code.



District Calendar

View approved school year calendars by visiting bit.ly/SPSDistrictCalendars or scanning the QR code.



District Finance Updates

View the latest budget and enrollment updates presented by the Finance team to the school board by visiting shakopee.k12.mn.us > [Our District](#) or scanning the QR code.



District Social Media

-  @ShakopeePublicSchools
-  @ShakopeeSchools
-  ShakopeePublicSchools
-  shakopee.schools
-  shakopeeschools

District E-Newsletter & Press

Stay up to date on events, Saber pride moments, staff/student recognition, board meetings, Coffee with the Superintendent and more by visiting shakopee.k12.mn.us or scanning the QR code.



School Board

View school board meeting schedules and current school board member profiles, including two high school student members, by visiting shakopee.k12.mn.us or scanning the QR code.





♥ Why Learn Hands-Only CPR?

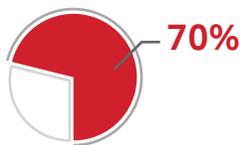
Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, more than 350,000 EMS-assessed out-of-hospital cardiac arrests occur in the United States.

When a person has a cardiac arrest, **survival depends on immediately receiving CPR from someone nearby.**

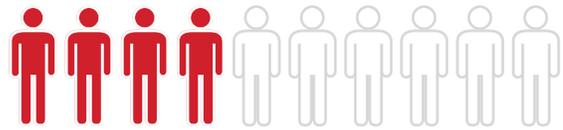
According to the American Heart Association, about 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

♥ Be the Difference for Someone You Love

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend.



Over **70 percent** of out-of-hospital cardiac arrests happen in homes.



Only about 40% of people who experience an out-of-hospital cardiac arrest receive the immediate help that they need before professional help arrives.

Hands-Only CPR has been shown to be as effective in the first few minutes as conventional CPR for cardiac arrest at home, at work or in public.

Hands-Only CPR has just two easy steps, performed in this order:



1 Call 911 if you see a teen or adult suddenly collapse.



2 Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute.

♥ Call 911

The telecommunicator on the other end of the line can assist you while getting the emergency help you need on the way.

♥ Music Can Save Lives

Song examples include “Stayin’ Alive” by the Bee Gees, “Crazy in Love” by Beyoncé featuring Jay-Z, “Hips Don’t Lie” by Shakira” or “Walk the Line” by Johnny Cash. People feel more confident performing Hands-Only CPR and are more likely to remember the correct rate when trained to the beat of a familiar song.

When performing CPR, you should push on the chest at a rate of 100 to 120 compressions per minute, which corresponds to the beat of the song examples above.

♥ Take 90 Seconds to Learn How to Save a Life

Watch the 90-second video. Visit heart.org/handsonlycpr to watch the Hands-Only CPR instructional video and share it with the important people in your life. Hands-Only CPR is a natural introduction to CPR, and the AHA encourages everyone to learn conventional CPR as a next step. You can find a CPR class near you at heart.org/CPR.

NOTE: The AHA still recommends CPR with compressions and breaths for infants and children and victims of drowning, drug overdose, or people who collapse due to breathing problems.

