

DEAR PARENTS



VAALPARK PRIMARY are excited to share with you that our school have partnered with **FAST HEROES**, an exciting international program!

According to the World Health Organization (WHO), 1 in 4 people will have a stroke in their lifetime. A third of stroke patients have permanent damage and can no longer be there afterwards, for their families and grandchildren as before.

The good news is that by recognizing the signs and symptoms early, you can potentially improve the outcome of that patient.

We will be participating in this educational project this term to make the children more aware of the signs and symptoms of a stroke to finally give our heroes (grandheroes) the chance to do what they do best: to have a positive impact on our little ones' lives.

It's going to be a lot of fun for the kids, and give us, as teachers, a chance to teach kids in a fun way about a topic that at some point might affect us all. We would like to teach the children so that we will have clever kids as well as clever families!

You may be wondering why are young children involved in a project on strokes, because strokes only happen to old people? The reality is that strokes can happen to anyone at any age and by teaching the children in our school how to recognize them and which number to call, one reaches so many more people.

Whether we want to know or not, we also take in the information our children are interested in, such as dinosaurs, cartoons on tv etc. Then why not also about other important things like stroke. It might just save someone's life!

The Department of Education of the University of Macedonia, with the support of the Angels Initiative has developed this program, through which our kids will learn how to connect the 3 most important signs of stroke to the number 112 (emergency number).

The programme is divided into 5 parts – over 5 weeks. Every week we learn about 1 sign. It is then accompanied by a specific character and activity, appropriate to the children's age.

Throughout the process, the characters (four retired superheroes) will walk the road with the children. Each hero teaches the child about a specific sign of stroke, and it is linked to the emergency number 112.

Please note that this program is not to scare children about this specific topic, but to give them the knowledge and skill that can make the difference in someone's life.



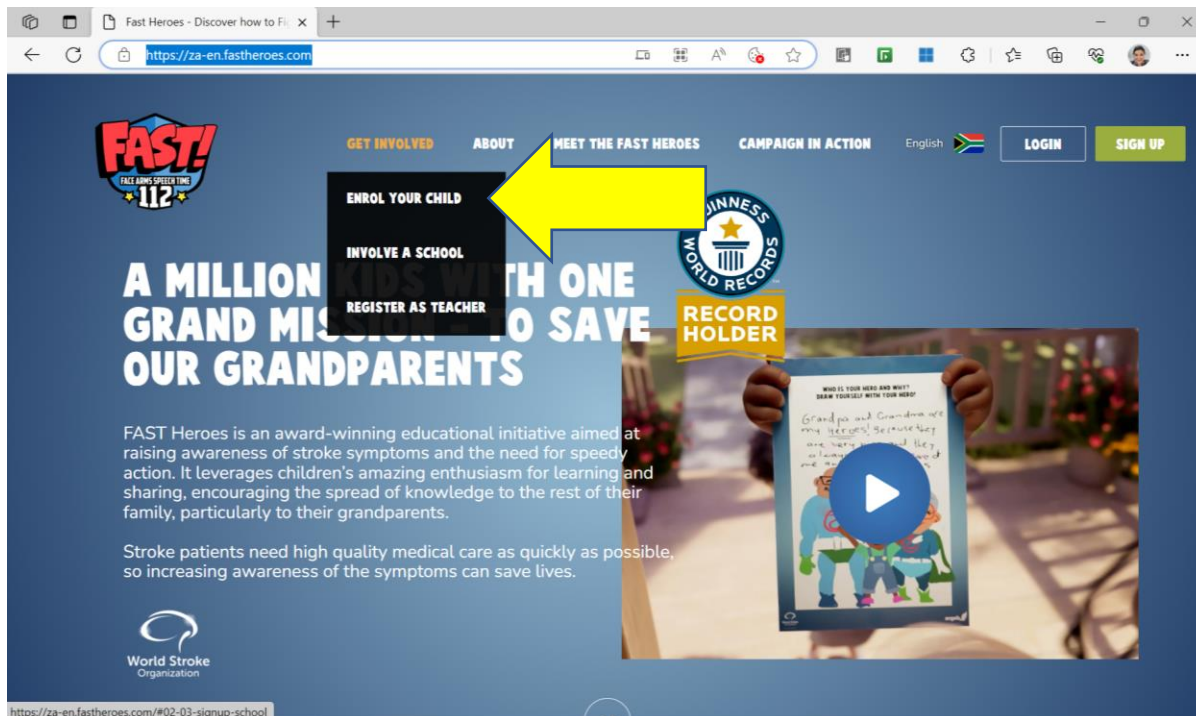
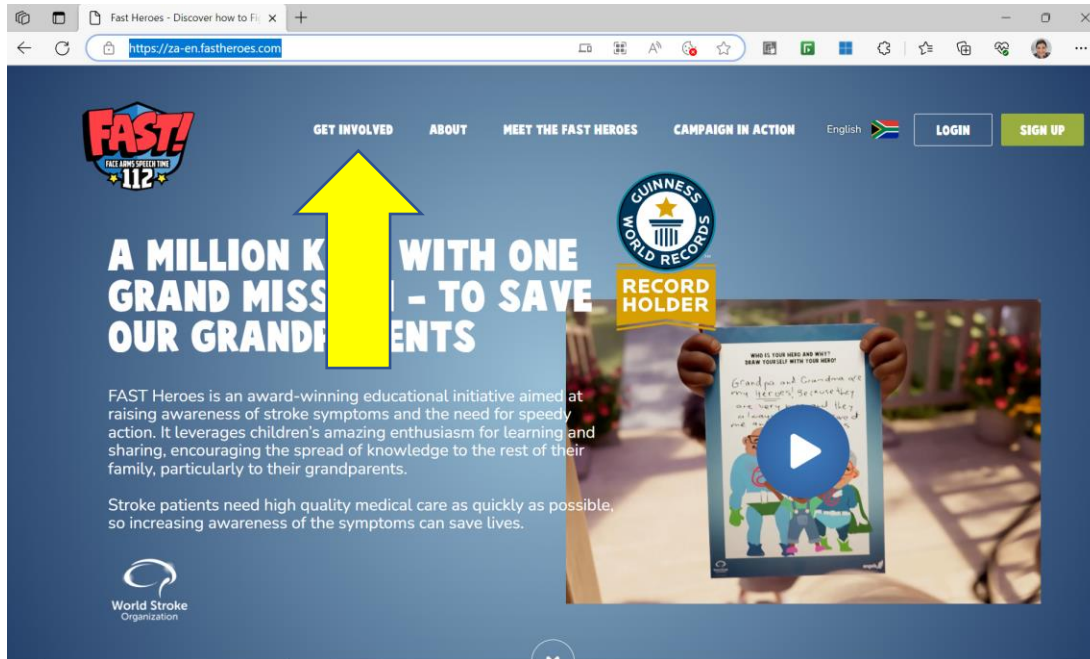
The **FIRST ACTION** we ask of you:

Please register on the website:
<https://za-en.fastheroes.com/>



Here the whole family can participate in what the children learn in class by also enjoying the videos and activities.

We also want to see which child and class can get the most points on the site.



https://za-en.fastheroes.com/involve-a-child/

GET INVOLVED ABOUT MEET THE FAST HEROES CAMPAIGN IN ACTION English LOGIN SIGN UP

FAST!

FACE ARMS SPEECH TIME 112

ENROL A CHILD

Children can get involved in the fun and engaging campaign, either directly or via their school.

First, we need a parent/guardian to create a quick profile. You can then easily sign up one or more children under that profile – giving them each a nickname if you wish.

You can link each child to their school if it is registered on the site, helping the school to earn points that can propel them up the leaderboard.

Find out more about [school involvement](#)

PARENT / GUARDIAN'S NAME?
Full name

WHAT IS YOUR EMAIL?
Email
Password

Please follow the steps and choose our town, school, and teachers' name.

You will then receive an email each week reminding you to do the fun activities on the website, as the lessons go on in class.

The **SECOND THING** we ask you as a parent:

please nominate 2 adults (grandheroes) over the age of 60. It can be family, neighbours, uncles, or aunts, as long as the person plays an important role in your child's life.

They will be sent a picture – please ensure that the envelope is delivered to them.

Please take note, there is NO cost involved in participating in this programme.

We look forward to the next 5 weeks. (If there are ANY questions, please don't hesitate to ask)

Together, we can make a difference.

From the Fast Hero team.

