

TO: Chair Roblan & Senate Committee on Education

FROM: Ali Massey, Physical Education Teacher
2075 Hillcrest Drive
West Linn, OR 97068

DATE: March 12, 2015

RE: SB 79 – Teaching CPR in schools

Chair Roblan and Committee Members,

My name is Ali Massey and I am a physical education teacher at Fowler Middle School in Tigard. I'm here in support of Senate Bill 79.

Thank you for the opportunity to talk to you today. I wanted to share with you my experience providing hands-on CPR training to my students at Fowler Middle School.

For the last two years, Tualatin Valley Fire & Rescue has offered to train students at Fowler Middle School in Hands-Only CPR. Last year, they worked with the health teacher at Fowler Middle School, and this year I was eager to provide the training to my PE students.

We were able to complete each training in one class period. Firefighters from TVFR led the training and provided the equipment. While the students really enjoyed the visitors from the fire department, Hands-Only CPR training is simple and is something that I could teach students myself.

Over the course of two days, we trained 197 of students—half of the seventh graders and half of the eighth graders at Fowler. Those students then went home with the assignment to teach five of their family and friends, and trained 927 community members, making a total of 1,123 trained community members in the Tigard community. This is something my students and I are very proud of.

As a middle school physical education teacher, it is a challenge to engage every student in any activity. There is always someone who doesn't like the unit or activity we are working on, but it was different with the CPR training: every student was eager to participate and found it compelling. Many middle school students struggle with work completion, but they were eager to complete this one. Ninety percent of my students completed this assignment on time – this is HUGE! When I asked kids what they liked about it, over and over again I heard: "I could save a life"!

In my opinion, middle school isn't just about academics. It's also about learning about yourself, your strengths and weaknesses, your interests and values, what is important to you. One of the most important things that students can learn is how to be a helpful, concerned and active members of their community. Knowing how to perform the simple act of CPR to save a life is a perfect fit for curriculum in middle school health or PE class.

CPR training is something that every Oregon student can and should learn in school. I ask for your support of Senate Bill 79, and I'd be happy to answer any questions.