

October 28, 2013

Mr. Donny O'Dell
Superintendent
Celina ISD
205 S. Colorado
Celina, TX 75009

Dear Mr. O'Dell,

I am pleased to announce that **Celina Middle School** is being recognized by Cook Children's Medical Center; as a Project ADAM Heart-Safe School.

Project ADAM is an initiative at Cook Children's that is working to assist schools implement their automatic external defibrillator (AED) and sudden cardiac arrest (SCA) emergency action plans to prevent sudden cardiac death in our schools. We have had at least 73 students suffer sudden cardiac death in Texas schools since 2006, and most all of these schools had automated external defibrillators (AEDs) that were not used. This has highlighted the importance of a quality sudden cardiac arrest program of awareness on the part of all adults who work in the schools, as well as more specific training for designated first responders and practice drills.

Your school nurse, Melanie Starr, RN has worked hard to plan and carry out a comprehensive program. Melanie's CPR/AED program trained 483 students and 37 staff members! We are so impressed with Melanie's willingness to make sure that anyone can save a life. Project ADAM staff will provide periodic update information about changes in the law, CPR, product recalls, and ongoing research. We will also pay for replacement pads whenever an AED is used at Celina Middle School in an emergency situation. Schools that are recognized will be able to assist with statewide research by providing us with basic and confidential information when an AED is used or a sudden cardiac event occurs at school.

We know for sure that this program works, as we have had 37 students saved in Texas schools since 2006. While it can strike those who are sedentary, the risk is up to three times greater in competitive athletes. According to the American Academy of Pediatrics, a high school student dies of cardiac arrest as often as **every three days**.

Congratulations!



Laura Friend
Project ADAM Texas Coordinator
Cook Children's Heart Center

cc: Melanie Starr, RN, Celina Middle School
John Mathews, M.A., Principal, Celina Middle School