

All

News

Bellevue West becomes ‘Heart Safe’

Benny Pendley, Reporter

November 4, 2025

57 Views



Alto Cerveny

Bellevue Public Schools district has partnered with Project ADAM to become a “Heart Safe District” in order to be better prepared for cardiac emergencies.

“Heart Safe” means that a school must partner with Project ADAM which is an initiative to implement AEDs, automated defibrillators, CPR trained individuals, and plans in case of cardiac emergencies into schools. Project ADAM was started on behalf of athlete Adam Lemel from Wisconsin, who had a sudden cardiac arrest and passed away.

“When his family found out that having an automated external defibrillator (AED) would have given Adam a chance of survival, they began the project,” BPS nurse Winter said.

BPS became a Heart Safe District because of the importance of having a team trained in the operation of AEDs and in CPR. In the occurrence of cardiac related problems, time is what makes the difference in the person surviving. With the new protocols that are now inside of the schools, help for cardiac problems can start before emergency services arrive.

“Having trained staff and AEDs in buildings gives a cardiac arrest victim the best chance for survival,” Winter said.

BPS becoming a heartsafe district is set out to help everyone with known and unknown heart conditions—one out of 77 students have a heart condition according to the CDC. Journalism teacher Aaron Stueve has a known congenital heart condition called bicuspid aortic valve, meaning he can’t get enough oxygen in his blood.

“So with the staff, it’s like 1600 so that’s 16 people that have heart conditions, some of them probably don’t even know,” Stueve said. “and having somebody here whose job is to make this place heart safe, I think, speaks volumes to those 16 people.”

The district’s nurses have put in major work to provide training, simulations, and drills for staff, and have acquired more AEDs.

“I greatly appreciate all their hard work in getting this initiative going in their buildings,” Winter said.

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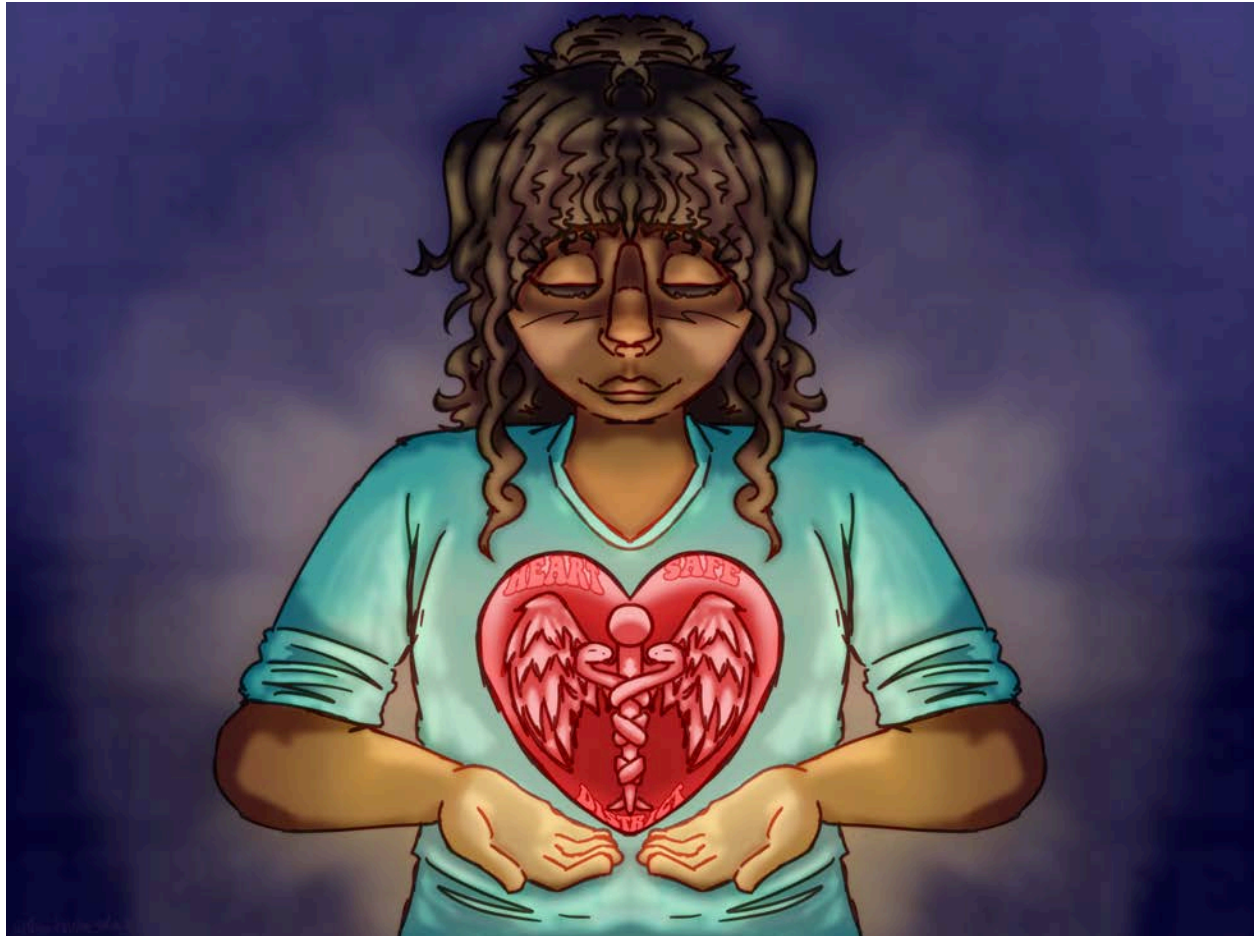
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I created the entire drawing from scratch, starting with a blank canvas and a vivid idea in my mind. I had the idea of a person almost cradling a heart, like you would to keep a baby or perhaps a small animal safe. The full drawing took me around 3 hours. I amplified the brightness of the heart and it's radiating light against the darker background to add a contrast, and to represent a light of hope shining in the darkness that is cardiovascular issues, like heart attacks. I also tried to keep the color palette to a split complimentary-esque color palette, using blues, browns, and reds to achieve that. I did my best to keep it impactful, but simple. In the famous words of my journalistic advisor, Julie Rowse: "Less is more."

- Alto Cerveny