



# Safety & Security Parent Newsletter

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## Lodi Unified School District Calendar of Events:

**July** - National  
Fireworks Safety Month

**July 4** - Independence  
Day Holiday

**July 31** – First day of  
school

**August** - National  
Immunization Awareness  
Month

**September** - National  
Preparedness Month and  
National Food Safety  
Education Month

**September 3** - Labor  
Day Holiday

**October 7-13**- National  
Fire Prevention Week

**October 13** - Home  
Fire Drill Day

**October 15-19** -  
National School Bus  
Safety Week

**October 18** - Great  
California Shakeout

**November 12** -  
Veterans Day Holiday

Visit the Lodi  
Unified School  
District website at  
[www.lodiusd.net](http://www.lodiusd.net)

## The Facts About E-Cigarette Use Among Youth and Young Adults

E-cigarettes are devices that heat a liquid into an aerosol that the user inhales. The liquid usually has nicotine and flavoring in it, as well as other additives. The nicotine in e-cigarettes and regular cigarettes is addictive. E-cigarettes are considered tobacco products because most of them contain nicotine, which comes from tobacco.

Besides nicotine, e-cigarettes can contain harmful and potentially harmful ingredients, including: ultrafine particles that can be inhaled deep into lungs; flavorants such as diacetyl, a chemical linked to serious lung disease; volatile organic compounds; and heavy metals, such as nickel, tin, and lead.

Adolescent years are times of important brain development. Brain development begins during the growth of the fetus in the womb and continues through childhood and to about age 25. Nicotine exposure during adolescence and young adulthood can cause addiction and harm the developing brain. E-cigarettes are very popular with young people. Their use has grown dramatically in the last five years. Today, more high school students use e-cigarettes than regular cigarettes. The use of e-cigarettes is higher among high school students than adults. It is estimated that over 3.2 million youth aged 12-17 use flavored tobacco products on a regular basis.

The Office of the Surgeon General wants to get out the message that no matter how it is delivered, nicotine is harmful for youth and young adults. It is clear that these products are being marketed to our youth. There are currently almost 8,000 flavors of vaping liquids available on the market. The major categories are: Fruit, Dessert/Candy, Snacks, Menthol or mint, and tobacco. Some of the most popular right now are gummi bear, banana nut bread, blue raz cotton candy, peach green tea, chocolate, strawberry, grape, and pancakes. The flavors that draw the younger users are even priced less expensively to accommodate a younger buyer. What parents and kids need to know is that the use of these vaping devices or e-cigarettes is known to cause damage to the users' respiratory system by exposing them to harmful nicotine and chemicals.

Parents can influence their children's decision about the use of e-cigarettes, vaping or other tobacco products. Even if you have used tobacco yourself, your children will listen if you discuss your struggles with nicotine addiction. Almost 2,100 children under 18 try smoking for the first time every day, make sure yours is not one of them. Be clear that you do not approve of them using e-cigarettes, vaping or smoking and that you expect them to live a long life, tobacco-free.

- Information from the Office of the Surgeon General and the Campaign for Tobacco-Free Kids

## Summer Safety Tips: A Guide to Protecting Kids When Activities Heat Up

Longer days, lighter nights and more worrying - it must be summer. Before your kids race out the door, you need to protect them from the sun, bugs, and head injuries. Something about this season makes kids run faster and play harder, so parents and caregivers need to be prepared.

### Be Sun Savvy

Here is a summer-bummer: a person's sunlight exposure during childhood and adolescence will determine their risk for melanoma. The more sun exposure, the higher the risk.

- **Apply early and repeat.** For kids six months and older (as well as adults) sunscreens with an SPF of 15 or greater reduce the intensity of UVRs that cause sunburns. Apply liberally 15 to 30 minutes before sun exposure, so it can absorb into the skin and decrease the likelihood that it will be washed off. Reapply every two hours and after kids swim, sweat, or dry off with a towel. For most users, proper application and reapplication are more important than using a product with a higher SPF.
- **Cover.** Dress kids in protective clothing and hats. Clothing can be an excellent barrier between skin and UV rays. Many light-weight sun-protective styles cover the neck, elbows and knees.
- **Keep infants out of the sun.** Keep babies younger than six months out of direct sunlight, dressed in cool, comfortable clothing and wearing hats with brims. The American Academy of Pediatrics (AAP) says sunscreen may be used on infants younger than six months on small areas of skin if adequate clothing and shade are not available.
- **Plan early morning play.** For kids beyond that baby stage, parents are advised to plan outdoor activities to avoid peak-sun hours (10 a.m. to 4 p.m.) as much as possible. Make sure you take a break from the sun when needed.
- **Beware of shade.** Many people think that sitting in the shade is a simple sun compromise. Shade does provide relief from the heat, but it also gives parents a false sense of security about UVR protection. You can still sunburn in shade, because light is scattered and reflected. A fair-skinned person sitting under a tree can burn in less than an hour.
- **Check the weather.** Look for the ultra-violet (UV) index when planning outdoor activities, it predicts the intensity of UV light based on the sun's position, cloud movements, altitude, ozone data, and other factors. Higher UV index numbers predict more intense UV light.

### Splash Safety (and Other Water Rules)

Drownings happen quickly and quietly - not with a lot of splashing. In fact, drowning is the leading cause of unintentional injury deaths in kids one to four years old. Here are some helpful tips to prevent accidents around the water:

- **Stay off cell phones.** Do not allow yourself to get distracted when your kids are in the water. Chatting with other parents around the pool can be another distraction.
- **Know your skills.** Adults and caregivers should refresh their Infant Child CPR Certification each year, especially before summer if there is a pool involved. Kids should never swim alone, and having adults or caregivers know water safety skills is smart.
- **Put a guard up.** Even kiddie pools in backyards should be drained after use. In-ground pools should have fencing all the way around them that is at least four feet tall, with doors that close and lock by themselves. Pool supply companies may offer options for alarms and other safety systems when there are kids around. Do not rely solely on the fence or alarm, train your kids to never go near the pool without an adult.
- **Educate yourself.** The Consumer Product Safety Commission has a pool safety guide to help parents understand how to keep kids safe at any pool.

### Beware of Bugs

Unfortunately, bugs are a part of summer. These are suggestions on how to stay safe from insects this summer:

- **Spray and repeat.** Parents or caregivers should spray kids' exposed skin and clothing. Reapply whenever the spray gets washed off or the child starts getting bitten again. For an alternative to sprays, try an insect repellent pad that clips on clothes.

- Check for allergic reactions. Some kids react to insect bites more than others. If your child gets bitten and seems to have an allergic reaction to the bite, seek medical attention to see if you should give your child an oral antihistamine or other medication.
- Beware of serious bug-borne illnesses. Mosquito –transmitted illnesses like West Nile Virus and Eastern Equine Encephalitis (“Triple E”) have flu-like symptoms. If you are in an area with reported cases and your child has bites and exhibits symptoms, go see a doctor. It is always better to be safe.
- Check for ticks. Ticks thrive in warm, moist, woodsy areas, so long pants and long sleeves would be ideal, but in the summer that is unrealistic. To help prevent ticks from attaching to your kids, check them and get them into the shower within two hours of coming inside. Clothing can hold them also, so wash all clothing after playing in areas that might breed ticks. Washing and drying on high heat for at least one hour will kill any tick that might want to harm your family. If a child develops any rash or fever after a tick bite, seek medical attention.

#### Prevent Dehydration.

To prevent dehydration, kids should drink 12 ounces of fluid 30 minutes before an activity begins and take mandatory fluid breaks throughout the day. Kids that weigh less than 90 pounds should drink five ounces every 20 minutes of activity and kids over 90 pounds should drink nine ounces every 20 minutes of activity. Look for the warning signs of dehydration such as thirst, dry or sticky mouth, headache, muscle cramping, irritability, extreme fatigue, weakness, dizziness, or decreased performance.

#### Head Off Injuries

Helmet safety is extremely important, particularly during the summer when kids spend lots of time outdoors riding bikes, scooters and skateboards. Kids should always wear a properly fitting helmet that is safety-approved for the activity they are doing (biking, skateboarding, etc.) and don't forget to fasten the chin-strap. Make it a family rule: no helmet, no wheels. Parents and caregivers have to set a good example and buckle up their helmets as well.

#### Never Wait In a Hot Car

It only takes 10 minutes for a car to heat up by 19 degrees. Every year we hear stories about children and pets that perish after being left in hot cars. Never leave a child alone in a car - even for a minute. Degrees can be deceiving. Fatalities can occur at temperatures as low as the mid-50's because a vehicle heats up so quickly. Children are at a great risk for heat stroke because their bodies heat up three to four times faster than an adult does. Cracking a window is not a solution. Just don't do it.

#### Create a Summer Survival Kit

Here are some items that might be useful in your bag during the summer:

Cell Phone	Antibiotic cream for cuts and	A rescue inhaler for someone with
Water	scrapes	asthma
Sunscreen	Crushable icepack for bruises	
Hats and sunglasses	Benadryl	
Insect repellent	An epi-pen for a person with	
Bandages	known allergies	
Tweezers	Medication for chronic conditions	

Summer is a time for having fun and spending time together, so don't let a few bug bites and scrapes slow you down. Just be prepared and safe. Now go out and have some summer fun!

*-information from care.com/ summer-safety-tips-a-guide-to-protecting-kid*

**Do not think because an accident hasn't happened to you that it can't happen.**

**-Safety saying circa early 1900's**

## 10 Summer Food-Safety Tips

The hot weather is the perfect time to picnic and cook outdoors, but the warm weather also creates the perfect environment to support the growth of harmful food bugs. Keep your food and family safe by following these simple tips:

1. Use a thermometer - A thermometer is the number one tool to make sure your grilled goodies are cooked to the perfect temperature to destroy pesky pathogens. Studies show that checking the color of the food is not an accurate way to tell if your food is cooked through.
2. Monitor leftovers - Perishable food like cooked or raw meats and salads should never be left out at room temperature for over 2 hours. When the weather gets hot - above 90 degrees Fahrenheit - your window for leaving food lying out is only one hour. Toss any unrefrigerated food if it surpasses the time limit.
3. Do not re-use marinade - During the summer, meats and poultry are oftentimes marinated then grilled. Be sure to discard used marinade - this will prevent raw meat juices getting on your cooked food. If you plan on using the marinade as a sauce for cooked meat, reserve some before marinating the meat.
4. Separate raw and cooked foods - If you are getting ready to grill hot dogs, burgers, chicken, or steak, be sure to use one plate for the raw stuff and a separate, clean plate for the newly cooked foods. The same rule applies for tongs and other serving utensils.
5. Wash your hands properly - And wash them often.
6. Pack a safe picnic - Raw meats and poultry should be packed in a separate cooler and surrounded by ice. If you have a long drive, coolers should be stored in the air-conditioned part of the car rather than in the hot trunk.
7. Defrost meats properly - Leaving raw meat and poultry on the countertop to defrost will only allow dangerous food bugs to grow. Plan ahead and defrost meat 1-2 days in advance in the refrigerator.
8. Wash produce thoroughly - Wash fruit and veggies in cool tap water before eating to eliminate any bacteria. This includes washing produce like melon before you slice or peel it to make sure bacteria is not transferred from the knife to your fruit or veggies.
9. Wash reusable grocery store bags - If you use reusable grocery bags, it is important to wash them regularly. Studies found that harmful bacteria can linger in your totes and hitch a ride with ready-to-eat foods like produce.
10. Decrease your cancer risk - Grilling is popular during the warm weather but improper cooking techniques can increase your cancer risk.

Follow these simple tips to make sure you have a safe summer.

*- information from foodnetwork.com. Used with permission.*

*The greatest wealth  
is health.*

*- Virgil*



You are what you eat from your head down to your feet.  
- Dr. Seuss



## A Few Rules Can Help Keep Your Summer Safe and Fun

As the weather warms and the school year comes to a close, students start to think of summer, and summer break. Parents, on the other hand, start to think of eight hours of unsupervised time their children will be facing. With new routines, time spent home alone or new caregivers being introduced, parents may be concerned about keeping their kids safe this summer. Here are just a few tips that can help take some of the worries away this summer.

### Slow Down and Be Aware When Driving

Although this should always be on the top of your mind, driving cautiously, especially through neighborhoods is even more important once school is out and kids are playing in the yards rather than the confines of a playground. Watch out for bouncing balls, abandoned bikes or lost toys as signs that a child may be running after it, and into the street in front of your car. There will also be a lack of crossing guards at crosswalks, so make sure to double-check that it is really clear.

### Line Up Trustworthy Childcare

Making sure you line up childcare before school ends means that you can take the time to do research and make sure you are comfortable with the person or facility you choose. Lining this up in advance also guarantees that there are no lapses in supervision and there is no reason for your kids to be unsupervised during the day. If you are inviting a sitter into your home, make sure they know how to use any alarms or safety devices you might have in place.

### Plan Activities

A bored child is one who will easily find mischief. Planning activities that will keep your child occupied during the sometimes lazy days of summer will keep them active, stimulated, and will make it easier for them to go back to school when the time comes. Summer camps, community education classes, youth groups or mission trips are all great ways to help your kids stay engaged and safe instead of disconnected and bored this summer.

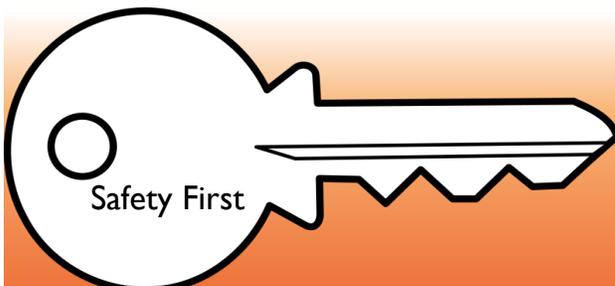
### Protect Those Staying Home Alone

If you have kids who are old enough to stay home alone this summer, this does not mean you won't worry while at work. In fact, you might worry more. Before turning them loose, lay down some rules and guidelines and make sure they know there will be consequences for not following them. Be consistent and follow through with consequences. Also, you will want to make sure your home is protected and that your teen knows how to operate the safety measures that you have in place. When they are home, encourage them to leave a barricade in place, especially on patio doors.

### Inform Friends of Your Rules

For kids, summer is all about hanging with their friends. For you, this means supervising and being responsible for more kids than just your own. Make sure both the children that will be spending time at your house, and their parents, know your rules and expectations. Also, make sure the parents know your schedule and when you will and will not be home. Let the parents that you trust know your exact schedule, the safety features you have in place in your home, and what will be expected of their children when they are over. If your child will be spending time in their house, you should know the same for them.

- information from [nighylock.com/school-safety/end-school-year-safety-tips](http://nighylock.com/school-safety/end-school-year-safety-tips)



**Safety is like a lock,  
but you are the key.**



**S Search for Hazards**  
**A Analyse the risk**  
**F Find the cause**  
**E Eliminate the cause**  
**T Tell others**  
**Y You are safe**

## School's Out: Summer Safety Tips for Drivers and Parents

School is out for summer and LUSD would like to remind drivers and parents about the importance of keeping children safe throughout the summer months.

Drivers should be extra cautious in looking for child pedestrians and bicyclists during the summer.

Tips for drivers:

- Be alert, especially in residential areas.
- Expect the unexpected. Children may cross the street at the wrong place or suddenly run or ride in front of you.
- Obey all laws. Slow down if there are children along the road or crossing the street. Come to a full stop at intersections.
- Be predictable. Do not make sudden maneuvers that others, particularly children on foot or on a bicycle, are not expecting.
- Double check behind you and around you when backing out of a driveway or parking space.
- Do not be distracted. Put down the coffee, put down the cell phone, and put both hands on the wheel. Avoid distractions within your vehicle, including loud music.
- Yield the right of way to pedestrians. It is not just courteous, it is the law.

Parents can help by reminding their children about staying safe on the roads.

Tips for parents:

- Focus on the basics. Teach your children to make eye contact with the driver before they cross, even if the walk signal is on.
- Remind them to walk, do not run across the road.
- To stop, look and listen before crossing the street,
- Teach your children to cross at intersections that have a marked crosswalk or a pedestrian crossing light.
- Teach children to watch out for cars that are backing up.
- When walking with your child, avoid unnecessary shortcuts like walking through a parking lot. Drivers may not see children between parked cars and the children may not see the cars moving.
- Remind children not to play around vehicles.

- information from [spacecoasttpo/communicate/schools-out-summer-safety-tips-for-drivers-and-parents](http://spacecoasttpo/communicate/schools-out-summer-safety-tips-for-drivers-and-parents)

Our greatest weakness lies in giving up.  
The most certain way to succeed is always  
to try just one more time.



- Thomas Edison



### 3 Ways to Make Digital Citizenship Part of Your Student's Everyday Learning

Here are three ways to make digital citizenship part of how our student's learn, rather than a thing set apart:

#### Highlight research and media-literacy skills.

Research is an essential skill for learning across general and subject-based classrooms. As most student research today starts with a Google or Wikipedia search, how do we help students identify credible information online? Skills like fact-checking, reading around the page, or using reverse image search can help students build a toolkit of solid research skills.

In addition, try introducing students to the **SEARCH** strategy to support research across all content areas:

**S:** Select research questions and search tools. Have one or more questions that get to the core of what you want to find out in your search. Also, choose search engines and tools most relevant to what you're looking for.

**E:** Extract keywords and terms. You can find effective keywords by highlighting the key terms from your research questions.

**A:** Apply search strategies, such as adding quotation marks or a minus sign or specifying the type of information you need.

**R:** Run your search. Run a search on the terms you've chosen and review the results. Remember, you should check out multiple sources.

**CH:** Chart your search. Avoid repeating work you've already done by jotting down what you've searched for and where you've searched for it.

Establish norms for communication in collaborative environments.

Many classrooms use collaborative tools to create classroom assignments, work on group projects, and provide feedback. Tools like Microsoft OneNote, Google Drive, and others create feedback spaces that can be more direct, untethered from the school day, and accessible in real time. As we set expectations for how our students communicate in the classroom, we should reinforce these ideas within their interactive, collaborative online learning spaces. Establishing norms for communication both online and in class supports expectations more consistently.

As an added layer of learning, consider encouraging any feedback students give online to be given in person during the next class period. If students feel uncomfortable giving feedback in person, they should reassess whether their online comments were appropriate.

#### Model digital citizenship on social media.

One of the best ways to teach digital citizenship skills is to be a role model through your approach to technology use. Both school-based and public social media tools offer a great platform for role-modeling. If you're using an online discussion tool like Today'sMeet or Backchannel Chat, keep an eye on the conversations so you can interject to address misuse. When you share an online article with your students, walk them through how you determined the credibility of that piece before you posted or shared it.

- submitted by Edith Holbert, Director of LUSD Technology Services. Original article authored by Merve Lapus, Director of Education Outreach for Common Sense Media. Altered and used with permission. [www.commonsense.org](http://www.commonsense.org)

