

Safety & Security Parent Newsletter

Volume 10, Issue 2

November 2018 - February 2019

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Director,
Maintenance
and Operations, Safety
& Security

Lodi Unified School
District Calendar of
Events:

November - Good
Nutrition Month; National
Child Safety and Protection
Month

November 12 - Veterans
Day Holiday

November 22-23 -
Thanksgiving Holiday

December 2 - National
Special Education Day

**December 24 - January
4** - Winter Break

December 25 - Christmas
Holiday

December 31 - New
Year's Holiday

January 1 - New Year's
Day Holiday

January 21 - Martin Luther
King, Jr. Holiday

February - National
Children's Dental Health
Month

February 8 - Lincoln's
Holiday

February 18 -
Washington's Holiday

Visit the Lodi
Unified School
District website at
www.lodiUSD.net

Wildfire Smoke

Wildfire smoke can harm you in multiple ways. Smoke can hurt your eyes, irritate your respiratory system, and worsen chronic heart and lung diseases. This article tells you how you can protect your health and be safe if you are exposed to wildfire smoke.

What is wildfire smoke and can it make me sick? Wildfire smoke is a mix of gases and fine particles from burning vegetation, building materials, and other materials. Wildfire smoke can make anyone sick. Even someone who is healthy can get sick if there is enough smoke in the air. Breathing in smoke can have immediate health effects, including: coughing, trouble breathing normally, stinging eyes, scratchy throat, runny nose, irritated sinuses, wheezing, shortness of breath, chest pain, headaches, an asthma attack, tiredness, or a fast heartbeat. Older adults, pregnant women, children, people with suppressed immune systems and people with preexisting respiratory and heart conditions may be more likely to get sick if they breathe in wildfire smoke.

Eight tips for protecting yourself from breathing wildfire smoke:

1. When a wildfire occurs in your area, watch for news or health warning about smoke and air quality. Pay attention to public health messages and take extra safety measures such as avoiding spending time outdoors.
2. Pay attention to visibility guides if they are available. Visibility will help determine air quality.
3. If you are told to stay indoors, stay indoors and keep your indoor air as clean as possible. Keep windows and doors closed unless it is very hot outside. Run an air conditioner if you have one, but keep the fresh-air intake closed and the filter clean to prevent outdoor smoke from getting inside. Seek shelter elsewhere if you do not have an air conditioner and it is too warm to stay inside with the windows closed.
4. Use an air filter. Use a freestanding indoor air filter with particle removal to help protect children, older people, people with heart disease, asthma, or other respiratory conditions from the effects of wildfire smoke. Follow the manufacturer's instructions on filter replacement and safe placement of the device.
5. Do not add to indoor pollution. When smoke levels are high, do not use anything that burns, such as candles and fireplaces. Do not vacuum, because vacuuming stirs up particles already inside your home. Do not smoke tobacco or other products, because smoking puts even more pollution into the air.
6. Follow your doctor's advice about medicines and about any respiratory management plan if you have asthma, other lung disease, or cardiovascular disease. Call your doctor or seek medical care if your symptoms worsen.
7. Do not rely on dust masks for protection. Most masks commonly found at hardware stores trap large particles, but will not protect your lungs from smoke. An "N95" mask, properly worn, will offer some protection.
8. Avoid smoke exposure during outdoor recreation. Check air quality before you set out to a park, forest, or campground.

Foods Linked to Foodborne Illness

Learn about steps you can take to avoid food poisoning:

Chicken, beef, pork, and turkey:

Raw and undercooked meat and poultry can make you sick. Most raw poultry contains campylobacter. It may also contain salmonella, clostridium perfringens, and other bacteria. Raw meat may contain salmonella, E.coli, Yersinia, and other bacteria. Avoid overly rare, tartare or carpaccio dishes of meat.

- You should not wash raw poultry and meat before cooking it. Some older recipes call for this step, but washing raw meat can spread bacteria to other foods, utensils, and surfaces, and does not prevent illness.
- Thoroughly cooking poultry and meat destroys germs. You can kill bacteria by cooking poultry and meat to a safe internal temperature.
- Use a cooking thermometer to check the temperature. You cannot tell if meat is properly cooked by looking at its color or juices.
- Leftovers should be refrigerated at 40°F or colder within 2 hours after preparation. Large cuts of meat, such as roasts or a whole turkey, should be divided into small quantities for refrigeration so they will cool quickly enough to prevent bacteria from growing.

Fruits and vegetables:

The safest fruits and vegetables are cooked; the next safest are washed. Avoid unwashed fresh produce. Eating fresh produce provides important health benefits, but sometimes raw fruits and vegetables may cause food poisoning from harmful germs such as salmonella, E.coli, and listeria. Fresh fruits and vegetables can be contaminated anywhere along the journey from farm to table, including by cross-contamination in the kitchen.

Raw milk, cheese, and other dairy products:

You can get very sick from raw milk and from other dairy products made with raw milk, including soft cheeses such as queso fresco, blue veined cheese, feta, brie, and camembert, as well as ice cream and yogurt. They can carry harmful germs, including campylobacter, cryptosporidium, E.coli, listeria, and salmonella.

- Raw milk products are made safe through pasteurization, which requires just enough heat to kill disease-causing germs.
- Most of the nutritional benefits of drinking raw milk are also available from pasteurized milk, without the risk.
- Although listeria infection is very uncommon, a listeria infection often has severe effects on older adults, fetuses and newborns.

Raw eggs and salmonella:

Eggs contain a germ called salmonella that can make you sick, even if the egg looks clean and uncracked. Use pasteurized eggs and egg products when preparing recipes that call for raw or undercooked eggs. In addition:

- Avoid foods that contain raw or undercooked eggs, such as homemade Caesar salad dressing and eggnog.
- Cook eggs until the yolks and whites are firm.
- Cook foods containing eggs thoroughly.
- Keep eggs refrigerated at 40°F or colder.
- Do not taste or eat raw batter or dough.

Seafood and raw shellfish:

Cook seafood to 145°F and heat leftover seafood to 165°F. Avoid raw or undercooked fish, shellfish, or food containing raw or undercooked seafood, such as sashimi, some sushi, and ceviche.

Oysters and other filter-feeding shellfish can contain viruses and bacteria that can cause illness or death.

- Oysters harvested from contaminated waters can contain norovirus.
- To avoid food poisoning, cook oysters well.

Sprouts:

Eating raw or lightly cooked sprouts such as alfalfa, bean, or any other sprout may lead to food poisoning from salmonella, E.coli, or listeria. The warm, humid conditions needed to grow sprouts are also ideal for germs to grow. Thoroughly cooking sprouts kills the harmful germs and reduces the chance of food poisoning.

Raw Flour:

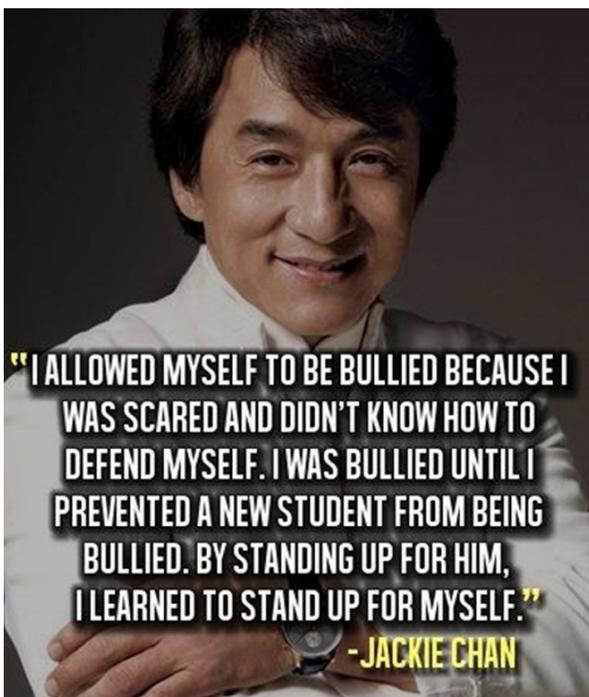
Flour is typically a raw agricultural product that has not been treated to kill germs. Harmful germs can contaminate grain while it is still in the field or at other steps as flour is produced. Bacteria are killed when food made with flour is cooked. That is why you should never taste raw dough or batter.

- information from the Centers for Disease Control and Prevention website. Used with permission.

Are You Ready?

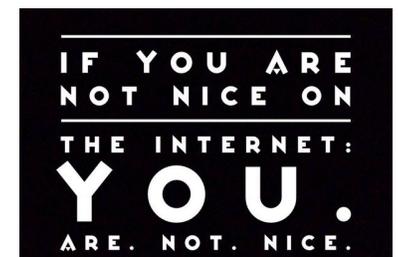
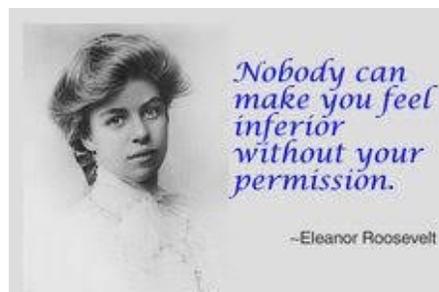
If a big storm or other emergency is coming...

- Fill your car with gas (if power goes off the pumps may not work)
- Fill plastic bags with water and place them in the freezer
- Get extra cash out of the bank (again, if power goes out banks may be closed)
- Fill prescriptions
- If you have another way to wash (another tub or shower), fill a tub with water **and** stock up on bottled water
- Make sure you have a three day supply of non-perishable food for everyone in your household
- Flashlight and a radio with plenty of extra batteries
- Update your first aid kit
- A bottle of pure bleach (no dyes or perfumes) for sanitation and purification of water
- Some way to cook canned food like a propane camp stove and/or a generator to run essential elements in your home - keep in mind that electrical power lines or gas lines may be shut off for safety



"Before you act, listen.
Before you react, think.
Before you spend, earn.
Before you criticize, wait.
Before you pray, forgive.
Before you quit, try."

Ernest Hemingway



School Emergency Information Guide For Parent/Guardians

In Case of a School Emergency:

Although your first reaction might be to call the school or rush over to your child's school, **please** follow the suggestions listed below:

- DO tune into local TV/Radio stations for official school news alerts
- DO rely only on official communication from school or public safety officials
- DO listen for official information regarding reunification with your child
- DO NOT call or rush to your child's school. Your presence could interfere with emergency responders
- DO NOT phone your child or the school. Staff and students are discouraged from using cell phone communication for their safety

School Emergency Response Protocols

A school crisis can take a number of forms including an environmental event, such as a chemical spill or gas leak; an earthquake; weather emergency, such as a tornado warning; or an intruder in or near the school. The nature of a school crisis dictates whether school officials will put in place means to ensure the safety and well-being of students and staff.

Safety Terms and Procedures

In the event of an emergency at your child's school, it is important to know these terms:

- **Lockdown:** A lockdown takes place if an internal or external threat is identified at the school. All school doors are locked and students are confined to classrooms. No entry into or exit from the school will be allowed until an "all-clear" announcement is made. Students will NOT be released during a lockdown.
- **SHELTER-IN-PLACE:** Students take refuge in designated areas to protect them from hazardous materials or severe weather. No entry into or exit from the school will be allowed until an "all-clear" announcement is made. Students will NOT be released during a shelter-in-place.
- **EVACUATION:** In the event of certain building emergencies, students will be relocated to an evacuation assembly area. Students will be released ONLY to parents/guardians with picture ID and permission from a district official. This procedure is necessary to account for the whereabouts of all students and for the safety and security of all students.

How Can I Be Reunited with My Child?

Parents/Guardians will be directed by school or public safety officials via TV/Radio to their child's specific location. Students will be released ONLY to parents/guardians who are documented as emergency contacts on the emergency contact card filed with the school and who present a picture ID such as a driver's license, military ID or passport. The reunification process can be time-consuming, so parents are urged to be patient. The primary focus is on the safety and security of the students and staff.

How Can You Help - Be Prepared for a School Emergency

Ensure that your child's emergency contact information is accurate and current. The district uses a call-out/electronic message bulletin system to notify parents of emergencies. Become familiar with your schools' emergency communication procedures. Each school is committed to providing accurate and timely information in the event of an emergency.

After a School Emergency—Parent/Guardian Role and Responsibilities During a School Emergency and Reunification

In a school emergency, the first instinct as a parent is to pick up the telephone and start calling the school or rush up to the school and get your child/children. The truth is, this only complicates matters from a safety and security standpoint. Parents too close to an incident often hinder the rescue attempts of police and fire officials on the scene. It takes resources away from the safety and security of the children to manage the parents on scene and prevent anyone from entering the school site. The best action parents can take in an emergency is to stay close to their phone and email and to monitor local radio and TV reports for regular updates and instructions.

Talking about safety and working safely may get old, but so do those who practice it.

- Unknown

Parent/Guardian Role in Emergencies

Dear Parents/Guardians:

Providing a safe place for students to learn and grow is one of the most important responsibilities of our school system. All Lodi Unified School District (LUSD) schools have a Readiness and Emergency Management for Schools (REMS) plan in place. Drill procedures for emergencies and disaster are regularly practiced at school. Along with school staff, your family plays a critical role in preventing and responding to school emergencies. The information in this document is intended to provide parents/guardians with the **steps you can take before, during and after an emergency**.

Before an Emergency: Prevention/Preparedness

- Report any issues, concerns or rumors related to safety to your school principal or local law enforcement.
- When visiting our schools, sign in and out at the school office and wear a visitor's badge at all times while in the building or on the campus.
- **Regularly update your student's Emergency Card with your current contact information and emergency information.** This is the contact information which will be used for our automated telephone system to alert you of situations. In the event of an emergency, only custodial parents, legal guardians and those persons listed on the emergency card are allowed to pick up students at a parent re-unification center.
- If your child is on medications taken at school, be sure the school has at least a two day supply at all times.
- Create your own family emergency plan. For tips on how to prepare a plan do to the American Red Cross website: www.redcross.org

During an Emergency: Response

The best action parents can take in an emergency is to stay close to their phone and email and to monitor local radio and TV reports for regular updates and instructions. School and district staff are trained and prepared to care for your student in emergency situations.

- Do NOT drive to your child's school during emergency situations. School streets must remain clear to emergency vehicles.
- Avoid calling the school or the district offices during the emergency. Please leave our phones open for emergency calls.
- Stay close to your telephone listed on your child's emergency card for district updates through our automated telephone system.
- Tune your radio to KFBK 1530 AM or KFBK 93.1 FM and local television stations to monitor district information.

District Release Policy - Parent Reunification

- Students will be dismissed from school or from the parent reunification center only to parent/guardian or designated person listed on the student's emergency card.
- Please remain calm and patient during this process. There are deliberate steps to ensure the safety of students.
- All parents/guardians or designated persons who come to pick up a student must present photo identification.
- No student will be allowed to leave with another person, even a relative or baby sitter, unless we have written permission to that effect or that particular person is listed on the student's emergency card in our files.
- District and school staff will care for students until parent/guardian or designated person arrives.

After the Emergency: Recovery

- Following a school crisis, specially trained school and district crisis intervention members are available to provide counseling and outside referrals to students, staff members and other who may need it.
- Monitor your student's behavior and let the school know if you think counseling or help is needed.
- The district will work as quickly as possible to restore normal school operations keeping parents informed.

Keep children ages 12 and under in the back seat. Never place a rear-facing car seat in front of an active air bag.

Recommended age ranges for each seat type vary to account for differences in child growth and height/weight limits of car seats and booster seats. Use the car seat or booster seat owner's manual to check installation and the seat height/weight limits, and proper seat use. Check your vehicle's owner's manual for safe height/weight of passenger in front of airbags.

What Kids Can Do About Bullying

Are you being bullied? Do you see bullying at your school? There are things you can do to keep yourself and the kids you know safe from bullying.

Treat Everyone with Respect

Nobody should be mean to others.

- Stop and think before you say or do something that could hurt someone.
- If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.
- Talk to an adult you trust. They can help you find ways to be nicer to others.
- Keep in mind that everyone is different. Not better or worse. Just different.
- If you think you have bullied someone in the past, apologize. Everyone feels better.

What to Do If You Are Bullied

There are things you can do if you are being bullied:

- Look at the kid bullying you and tell him or her to stop in a calm, clear voice. You can also try to laugh it off. This works best if joking is easy for you.
- If speaking up seems too hard or not safe, walk away and stay away. Do not fight back. Find an adult to stop the bullying on the spot.
- To stay safe in the future, talk to an adult you trust. Do not keep your feelings inside. Telling someone can help you feel less alone. They can help you make a plan to stop the bullying.
- Stay away from places where bullying happens.
- Stay near adults and other kids. Most bullying happens when adults are not around.

Protect Yourself from Cyberbullying

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. There are things you can do to protect yourself.

- Always think about what you post. You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone.
- Keep your password a secret from other kids. Even kids that seem like friends could give your password away or use it in ways you do not want. Let your parents have your passwords.
- Think about who sees what you post online. Complete strangers? Friends? Friends of friends? Privacy settings let you control who sees what.
- Keep your parents in the loop. Tell them what you are doing online and who you are doing it with. Let them friend or follow you. Listen to what they have to say about that is and in not okay to do. They care about you and want you to be safe.
- Talk to an adult you trust about any messages you get or things you see online that make you sad or scared. If it is cyberbullying, report it!

Stand Up For Others

When you see bullying, there are safe things you can do to make it stop.

- Talk to a parent, teacher, or another adult you trust. Adults need to know when bad things happen so they can help.
- Be kind to the kid being bullied. Show them that you care by trying to include them. Sit with them at lunch or on the bus, talk to them at school, or invite them to do something. Just hanging out with them will help them know they are not alone.

Not saying anything could make it worse for everyone. The kid who is bullying will think it is okay to keep treating others that way.

Get Involved

You can be a leader in preventing bullying in your community.

- Find out more about where and when bullying happens at your school. Think about what could help. Then, share your ideas. There is a good chance that adults do not know all of what happens. Your friends can go with you to talk to a teacher, counselor, coach, or parent and can add what they think or have seen.

Continued from page 6

- Talk to the principal about getting involved at school. Schools sometimes give students a voice in programs to stop bullying. Be on a school safety committee. Create posters for your school about bullying. Be a role model for younger kids.
- Write a blog, letter to the editor of your local newspaper, or tweet about bullying.

- information from stopbullying.gov website. Used with permission.

Buses are the Safest Mode of Transportation for School Children

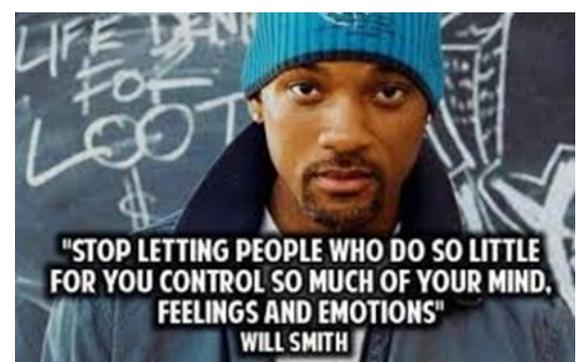
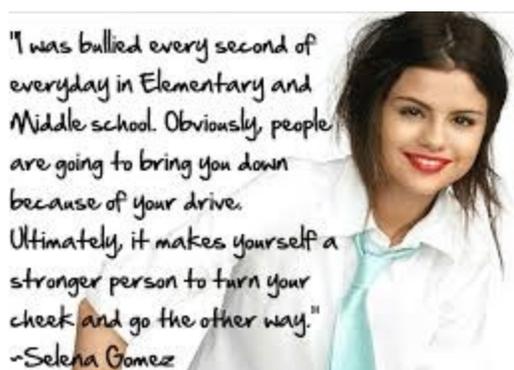
Lap and Shoulder Belts Make Them Even Safer:

Some 25 million students nationwide begin and end their day with a trip on a school bus. Designed for safety, with flashing lights, giant mirrors, high seat backs, and a bright yellow color, school buses keep more than 17 million cars away from school buildings every day and minimize traffic around schools. While riding a bus to school is safer than riding in the family vehicle or walking, the National Safety Council supports the incorporation of lap and shoulder belts in school buses - and across multiple modes of transportation - to ensure the safest ride for children.

Since 2002, passenger lap and shoulder belts have been made available on school buses. California, Florida, Louisiana, New Jersey, New York, and Texas now require them. The National Highway Traffic Safety Administration has been vocal in their support of lap and shoulder belts on school buses since 2015 and The National Safety Council joined in support of this position in 2015. The National Safety Council also recommends that states or school districts consider this added safety benefit when purchasing buses.

A side-impact collision in 2012 in Chesterfield, New Jersey resulted in the death of one student and serious injuries to others. Lap belts were available to the students on that bus, but some did not use them. The difference in safety is clear, as seen in a simulation of the event (<https://www.youtube.com/watch?v=WByrrWzh9Pg>). The National Safety Council urges all parents to teach their students the importance of buckling up on the bus and in the family vehicle. Statistics also show that behavior incidents decrease when students are buckled up on the bus, so let's keep our students safe and out of trouble by buckling up on the bus.

- information provided by the National Safety Council website. Used with permission.



Think about the many different reasons why you may be directed to “Evacuate Now!”



READY, SET, GO!
Prepare now. Be alert. Evacuate!

Keep these **Six “P’s”** ready in case immediate evacuation is required:

1		People and pets.
2		Papers, phone numbers and important documents.
3		Prescriptions, medications and eyeglasses.
4		Pictures and irreplaceable memorabilia.
5		Personal computers/tablets, USBs, phones etc.
6		Plastic (credit cards, ATM cards) and cash.

Are you ready for an “Evacuate Now” order?

There are many different reasons why evacuations may be sudden and unexpected. Prepare Now to have what is most important to you ready to go with you when you have to “EVACUATE NOW!”

Remember these six “P’s”:

1. **People and Pets** - Have a plan. Do you know at least two ways out of your community? Where will you meet your family after evacuation? Where will you stay and how will you contact each other? Where will your pets stay?
2. **Papers, phone numbers, and important documents.** Deeds, birth certificates and other irreplaceable documents should be in one location so these can be grabbed at a moment’s notice.
3. **Prescriptions, eyeglasses, and vitamins.** You may be gone from your home for days, so insure you have access to all of your health related items.
4. **Pictures and irreplaceable memorabilia.** These are priceless and could be lost forever.
5. **Personal computers or any information stored on hard drives and disks.**
6. **Plastic including credit cards, ATM card and cash.**