

Health & Safety Fact Sheet

December 2011

Say to him: "Long life to you! Good health to you and your household! And good health to all that is yours!" 1 Samuel 25:6

The health and safety of students and staff is a top priority for all of our schools and a shared responsibility between home and school.

Dear Parents/Guardians,

In our Fourth Annual Health & Safety Fact Sheet we give you tips on how to keep your family healthy and safe this school year.



School Safety Checklist

For our children, it is important to ensure that all immunizations are kept up-to-date. Continue with routine check-ups and inform the schools of any health-related issues that need to be jointly monitored.

Important Steps:

- Regular immunizations
- Annual doctor and bi-annual dental check-ups
- Vision screening

For additional information go to: www.albertahealthservices.ca/576.asp



Preventing Childhood Injuries

Children who are first-time students can be particularly susceptible to injury, often being new to the experience of not having parents around. They are beginning to be aware of safety rules, but are still too young to know how to protect themselves against potential dangers.

Safety rules to discuss with your child:

- Pedestrian Safety
- "Stranger Danger"
- Fire – A fire response procedure is a good idea to have for your home. Children are taught how to respond at school, but would they be prepared in the home situation?

Alberta Health Services has additional safety tips at: www.albertahealthservices.ca/2549.asp



continued...

Health & Safety Fact Sheet

December 2011



Measles Outbreaks

The World Health Organization has reported several measles outbreaks, and Canada has also reported these findings. Measles is a very infectious disease that can be entirely prevented by vaccination.

Measles' symptoms usually develop 7-11 days after a person is initially infected. The first symptoms are normally similar to those of a bad cold: fever, runny nose, sore throat and a cough. A few days later a bright red, blotchy rash breaks out on the forehead, face and neck.

Visit your family doctor if you suspect your child has measles.



Cyber Bullying

"Cyber Bullying" involves communication technologies, (e.g. e-mail, cell phones, text messages, internet sites and instant messaging), to threaten physically, verbally harass or socially exclude a person or group. Education and awareness are primary in the prevention of cyber bullying. Tips for parents include:

- **Keep computers in a central place** - keep an eye on your family's activities.
- **Be aware of when children go online** - discuss which sites are acceptable or inappropriate. Check the history and possibly use filtering tools.
- **Teach internet safety**
 - **"Stranger Danger"** – there should be no meetings in-person with any online friends.
- **Teach children to communicate responsibly** – if you would not say something in person, do not text, email, instant message or post it online.
- **View all content with a critical eye** – you cannot believe everything you read. Teach children how to discern what is or isn't true.



Safety and Your Role

Please report or have your child report any concerns to a teacher, counselor or other school staff member. Remember that children given multiple clues to friends or parents if they are experiencing emotional turmoil, but most are not reported until after a serious incident occurs!

