

EDMONTON CATHOLIC SCHOOLS Health & Safety Fact Sheet 2015-16

"Beloved, I pray that all may go well with you and that you may be in good health, just as it is well with your soul."
John 3:2

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.

FENTANYL:

A deadly drug that is stronger than heroin

A highly powerful and dangerous drug made from opioids (chemicals used to treat sudden and ongoing pain) is making its way from the streets into Alberta homes and children and youth are at risk. Fentanyl has been linked to 145 deaths and 600 overdoses since January 2015 and many were unaware they were even taking the drug. Fentanyl is 100 times stronger than other opioids and is being sold in many different forms and has even been discovered in candy like pop rocks and sugary packets with lick sticks. Please discuss the dangers of Fentanyl with your child and remind them not to share any candy with other students.

Drug dealers often sell fentanyl, but say it is oxycodone. Buyers may think they are buying oxycodone, but they are getting another opioid drug that has fentanyl and other substances in it. Police warn that a dose the size of two grains of salt can be deadly, and no amount of the drug is safe. Early signs of fentanyl poisoning can include:

- Sleepiness
- Trouble breathing (it can sound like snoring)
- Slow, shallow breathing
- Cold, clammy skin
- Unresponsive to pain or a person's voice

For more information on fentanyl, visit Alberta Health Services Fentanyl Information & Resources: <http://www.albertahealthservices.ca/assets/healthinfo/padis/hi-padis-fentanyl-faq.pdf> and the Ontario Provincial Police Officer Safety Alert: https://www.ecsd.net/News/Documents/Fentanyl%20Bulletin%20UPDATE%20FINAL%20CPAT%20135-15_1.pdf

A number of experts will join the Edmonton Catholic School District at a parent evening on **Tuesday, October 27th at 7 p.m. at the St. Anthony District Archives and Meeting Centre (10425 – 84 Avenue)** to discuss the dangers of Fentanyl. This meeting will also be livestreamed on www.ecsd.net. Watch for additional information at your child's school about this important evening.

YELLOW SCHOOL BUS SAFETY

Student safety on the bus ride to and from school is a priority for the District and the following school bus safety guidelines have been implemented for the 2015 – 2016 school year.

Code RED – all bus carriers have agreed to implement a code red system that requires dispatch to answer a Code RED call from a bus driver as a priority. Code RED is defined as, "any time a situation arises and a driver's ability to drive safely is compromised."

Oversize Items – Oversize items on a school bus can become a safety hazard if the bus has to stop suddenly or is involved in a collision. To ensure student safety, the maximum size limit for large items on a school bus is 13" wide x 13" deep x 30" high or 33cm wide x 33cm deep x 76cm high.

- The item must be in a backpack, closed bag or carrying case
- The item must fit on the child's lap or between their legs on the floor of the school bus
- Items placed on the floor must not extend past the child's chest area
- Items cannot block aisles or emergency exits

Stay clear of the danger zone which is directly around a school bus – 5 giant steps away from the bus.

Arrive at the bus stop 5 minutes before your scheduled time.

Find your assigned seat and stay seated, facing forward at all times.

Everyone needs to listen to the bus driver's instructions.

Treat everyone on the bus with courtesy and respect. Remember the Golden Rule – treat others as you would like to be treated.

Your safety is our #1 priority.

Please follow the safety rules.

The link below has further school traffic information from the desk of Edmonton Police Service Constable Andre Paul:

<https://www.ecsd.net/ParentsStudents/ParentResources/Pages/School-Traffic-Safety-Information.aspx>.



EDMONTON CATHOLIC SCHOOLS

Health & Safety Fact Sheet 2015-16

In our eighth Annual Health & Safety Fact Sheet we have tips included on how to keep your family healthy and safe during the school year.

IMMUNIZATION

Routine immunizations are provided to children in Grades 1, 5 and 9 during school time. No immunizations will be given without consent from a parent or guardian. If a child misses receiving a vaccine at school, it can be given at a community or public health centre in your area. Program immunizations include:

- **GRADE 1:** For children who have not received routine preschool immunizations, including diphtheria, tetanus, pertussis, polio, measles, mumps, rubella, and varicella.
- **GRADE 5:** Offers Hepatitis B and Varicella immunization for children who aren't immunized or haven't had either of these diseases. Both girls and boys can receive the vaccine for human papilloma virus (HPV).
- **GRADE 9:** Diphtheria, tetanus, pertussis and meningococcal vaccine are offered as of September 2014. Grade 9 boys can receive the vaccine for human papilloma virus (HPV).

For further information on eligibility and locations where vaccinations are offered, visit Alberta Health Services: <http://www.albertahealthservices.ca/services.asp?pid=service&rid=4209>.



WHOOPING COUGH (Pertussis)

The pertussis vaccine protects against whooping cough and is part of the routine childhood immunization series in Alberta. Symptoms include:

- Persistent cough
- Spasms of coughing, which are followed by a characteristic "whoop" sound. This may increase in frequency at night.
- Coughing followed by gagging or vomiting

If your child exhibits these symptoms, please have them assessed by your family doctor. For more information regarding Pertussis, visit Alberta Health Services:

<http://www.albertahealthservices.ca/11711.asp>.



INFLUENZA

The influenza immunization program starts in October 2015, ahead of flu season. The vaccine is offered to all Albertans aged 6 months and older and is free of charge. Children between the ages of 6 and 18 often have the same flu symptoms as adults. Younger children can feel nauseous and sometimes have diarrhea. If you suspect influenza, Alberta Health Services recommends:

- Taking your child's temperature. If there is a fever present, use acetaminophen.
- Putting lightweight clothing on your child. Keep their room at about 20 C.
- Giving water or juice often.

To protect yourself and others from spreading influenza, Alberta Health Services suggests that everyone over 6 months old should get an annual vaccination shot each Fall. It can be accessed at public health centres, many doctors' offices and in some workplaces and pharmacies.

Alberta Health Services has an information page that will be updated in the coming weeks:

<http://www.albertahealthservices.ca/influenza.asp>.

