

HEALTH & SAFETY

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

+ HEALTH NEWS

FENTANYL

In 2017 a total of 400 people died in Alberta from January - November from a Fentanyl overdose. On average 1.8 people die every day in Alberta from an opioid overdose. Two-three grains of Fentanyl are enough to kill an average adult.

Fentanyl is a strong, odourless and tasteless synthetic narcotic that is up to 100 times more potent than other opioids, e.g. morphine. Legitimately-produced, Fentanyl is prescribed to control severe pain and drug dealers often sell Fentanyl as fake Oxycodone.

CARFENTANIL

Carfentanil is one of the most toxic opioids currently known. This drug is 10,000 times more potent than Morphine and 100 times more potent than Fentanyl. It isn't licensed for use in humans, but is meant to sedate large animals, such as wild bison. A total of 20 micrograms, which is less than a grain of salt, can kill an adult.

* WHAT CAN YOU DO?

Call 911 if anyone you know has one or more of these overdose signs and symptoms:

- slow or no breathing
- blue lips and nails
- no movement (cannot wake person)
- choking or throwing up
- gurgling or snoring sounds
- tiny pupils
- cold and clammy skin
- seizure

Naloxone can temporarily reverse an overdose from Fentanyl and Carfentanil if it is given right away and emergency medical care quickly follows. However, the effects of Naloxone may not last as long as the effects of the opioid. Naloxone kits are available free of charge at community walk-in clinics or pharmacies - no ID or prescription necessary. For a list of organizations or walk-in clinics that provide kits, click [here](#).

A Fentanyl FAQ can be found [here](#), and Carfentanil Background Information [here](#).



+ HEALTH NEWS

INFLUENZA - UPDATE

As of early January 2018, there have been over 6,300 confirmed influenza cases this flu season.

Influenza spreads through the air sometimes before symptoms start. We can come into contact with the virus when an infected person sneezes, coughs or sometimes even talks. Equally, the virus can be spread if we touch an object that has been coughed or sneezed upon. Consistent hand washing is vital during cold and flu season.

Most people who suffer with influenza will recover, but it can lead to complications in children from 6-59 months, pregnant women and those over 65 years of age. Complications can include pneumonia, ear and sinus infections, as well as the exacerbation of existing, chronic issues.

* WHAT TO LOOK OUT FOR

- Headache, sometimes severe
- Chills and aches, sometimes severe
- Extreme fatigue that can last for 1-2 weeks
- Fever of 38.5 C or higher, which starts suddenly and lasts 3-4 days
- Cough



Alberta Health Services has provided a useful comparison sheet so that you will know what symptoms to watch for. Take a look [here](#). The flu vaccine is redeveloped annually and is a very effective, preventative measure against the virus. The vaccine will fight the strains most likely to effect the population that year. The best time to be immunized is during October/November, thereby covering the majority of the season. The vaccination is offered to all Albertans over 6 months of age and is given at no charge.

Please visit www.health.alberta.ca for more information about this flu season.

HEALTHY RELATIONSHIPS

Children learn about relationships through example and your relationship with your child creates the template for their future relationships. Peer relationships are important for children's well-being and development, providing children with developmental and social opportunities not available in their relationships with adults.

Making new friends can be difficult for some children and teenagers. Here are some tips for your children to build social skills and create new healthy friendships.

- Watch and learn from sociable people
- Listen and don't always feel like you have to talk
- Ask people about themselves. Make eye contact while they're speaking and follow up with a couple of questions.
- Be patient; the process can take time
- Disconnect from technology
- Get out and join clubs or groups at school or in the community.

* WHAT CAN PARENTS DO?

- Teach your child conversation starters.
- Discuss social skills. Talk with your child about social cues and rules.
- Remind them that there are different types of friends.
- Understand what your child wants and needs. Ask your child what they are looking for in new friends.
- Help them recognize possible friends.
- Explore new ways they can start friendships by looking at your child's interests.
- Talk about behaviours that can damage friendships and help your child understand how their behaviour can impact other people.
- Explain that friendships don't always last forever. Support your kids spending time with friends who have a positive influence.

For more information on topics such as this, please review our [Mental Health Monthly newsletter](#).





SAFETY NEWS



CYBER TIPS

“Snap Maps” is a new feature within Snapchat that parents should know about. It is an opt-in feature that shows your child’s location by displaying their Bitmoji character on a map. It will show their current, real-time location if the device’s location services are turned on. The user decides who can see where they are, e.g. all friends, selected friends or no one (ghost mode). Users are able to zoom in close enough to see landmarks and street names, which makes following movements very easy.

Users may not realize that the feature is on all of the time and that their daily whereabouts can be tracked whenever the app is open in real-time. This means that cyber stalking is easy to do and potentially by people who you wouldn’t want to have tracking your child.

YELLOW SCHOOL BUS SAFETY

Student safety on the bus ride to and from school is a priority for the District. Here is specific information regarding bus delays, cold weather and winter road conditions.

Delayed bus – As soon as Transportation Services is advised by the bus company that a bus route is running late, an automated phone message is sent to parents with the approximate time delay. The message is sent to the phone number(s) and email address completed on the transportation application form.

Cold Weather - Given the possible weather extremes in Edmonton, it is impossible to guarantee that buses will run on time. Parents are reminded to dress their children warmly for the cold weather and to ensure that their child knows to return home or to a pre-selected location if the bus does not show up on time. Parents are advised to exercise their own discretion as to how long a student should wait for the bus.

Winter Road Conditions - Due to road conditions during winter especially on the residential neighborhood streets, a bus may not be able to operate safely to all stops. In this situation, parents may receive a phone call from their child’s bus driver if it is not safe to drop-off or pick-up at the designated stop and an alternate, temporary safe stop location will be arranged with the parents and bus driver.

For more information about transportation, parents can contact their child’s school or ECSD Transportation Services Department at (780) 441-6078. Transportation Services is open from 7:15 a.m. until 5:00 p.m. (4:00 p.m. on early dismissal Thursdays).

* WHAT CAN PARENTS DO?

- Explain the potential consequences of leaving location services turned on and ensure this feature is turned off.
- Set app to “ghost mode” so your child’s location will be private.
- Confirm that your child actually knows his/her Snapchat “friends” offline.
- Snapchat Kids is a limited version of Snapchat and is available to tweens under 13 years of age. It allows them to take photos and play with filters only. They won’t connect with others online.

This and other online safety tips, can be found on the cyber smart website: <http://cybersmart.ca/family-online-safety-tips/>.

S

Stay clear of the danger zone the area directly around a school bus. As soon as you step down from the bus, take 5 giant steps away from the bus. Remember that if you can’t see the driver, then the driver can’t see you.

A

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

F

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

E

Everyone needs to listen to the bus driver instructions.

T

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

Y

Your safety is our #1 priority. Please follow the safety rules.

