

Back to School

The dog days of summer are just about over and school is right around the corner. Whether your little one is eager to start Kindergarten or your teenager is dreading their math teacher, here are some tips to keep your kids safe as they return to the classroom.



Pay Extra Attention in School Zones

Slow down and always watch for students when you're in a school zone. Kids are unpredictable and they may be distracted. Stop at crosswalks and intersections, or if you see a patrol officer or crossing guard. Never pass a bus from behind. Stop if you see red or yellow flashing lights. Finally, share the road and give bicyclists plenty of room.



Know Emergency Contacts

Make sure you have your school's emergency contact information, and you know where to look for school closure information. Keep an emergency contact card in your student's backpack that includes their name, school and parent/guardian phone numbers. Include a brief list of special needs, medical conditions and the number for their pediatrician.



Know Concussion Symptoms

Recent research has shown that we should take concussions seriously. It's been estimated that U.S. emergency departments treat more than 170,000 traumatic brain injuries related to sports and recreation each year. Look out for concussion symptoms, including cognitive struggles, nausea and vomiting, severe headaches, mood changes and memory loss. Make sure your child wears a helmet when bicycling.



Talk To Your Child About Bullying

Verbal and physical abuse and online harassment are harmful to the victim as well as the bully. The victim may experience depression, anxiety and headaches. Bullies are at a higher risk for substance abuse and more prone to violence as they get older. Talk to your child and encourage them to speak up if they are bullied or see someone else being bullied, and check your school's bully prevention plans to help make sure your student isn't being intimidated or pushed around.



Do you have your emergency supply of water and food, and have taken other steps to prepare for emergencies?

[Click here for past editions of the emergency preparedness tip newsletters.](#)



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