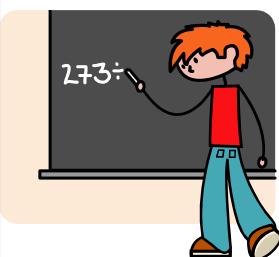


School Safety



SEMSA HEALTH AND SAFETY ZONE

It seems hard to believe that another summer has come and gone and it's time to start getting the kids ready to go back to school. Some of us are sending our kids off to school for the very first time, and others are veterans of the bus stop. Either way, there are lots of simple things that we can all do to help keep our kids safe at school



and play. Every parent's primary goal is the same, to ensure a productive, healthy and safe year.

When you cannot be with your kids, make sure they always, always know how to reach you. Just knowing you are a phone call away and can come in the case of an emergency or serious situation can provide an older child with peace of mind and confidence in your absence.

For your younger children, you will want to think about after school care. If you are working when the kids come home from school, and you don't

have a spouse or a caregiver at home or already lined up, you will need to think about who will care for your kids until you get home.

Many working parents have the some caregiver whether it's summer vacation or



school year, but as kids get older, they may be ready to be at home alone for a couple of hours until you get home from work. According to experts, most kids are not mature enough and responsible enough to be left alone until they are a minimum of 11-12 years of age. Again, you are the best judge of you kids' comfort level and maturity. Talk to your kids and be sure that they would feel comfortable with being alone or being in charge of the younger ones for a couple of hours. If you have any doubts at all, it's best to find someone to care for the kids until you get home.



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Here are some other tips to think about:

Tips For Riding The Bus

- Don't play in the street while waiting for the school bus
- Wait until the bus has stopped and opened the door before stepping on to the roadway.
- Use the handrail when getting on or off the bus
- Never put your head, arms or hands out of the window
- Keep aisles clear
- Wait until the bus has stopped completely before getting up from your seat.
- Move immediately to the sidewalk and out of traffic once you have exited the bus.
- Never reach under a school bus to get anything that has rolled or fallen underneath.
- If you need to cross the street, walk 10 feet in front of the bus along the side of the road until you turn around and see the bus driver. Make sure the driver can see you and he signals to you before crossing the street.
- Stay away from the bus' rear wheel at all times.

TIPS FOR WALKING TO SCHOOL

- Pay attention to all traffic signals and crossing guards.
- Walk with a buddy
- Look left, right, and then left before crossing the street.
- Ensure that parents walk the route to school showing kids safely how to cross the street.



Enjoy the new school year. SEMSA hopes you get an A+ in safety this year.