

NCWVCAA Nutrition and Safety October Newsletter

Courtney Cummins

Nutrition/Safety Program Specialist

Topics Discussed

- Fire Prevention Week
- Teal Pumpkin Project
- National School Bus Safety Week
- Family Meals at Home



Fire Prevention Week

The National Fire Prevention Association (NFPA) and “Sparky”, the fire dog, kicks off this campaign from October 8-14. The 2017 theme is “Every Second Counts: Plan 2 Ways Out!”

The NFPA states that “In a fire, seconds count. Seconds can mean the difference between residents of our community escaping safely from a fire or having their lives end in tragedy”. This theme reinforces why everyone needs to have an escape plan. Here are this year’s key messages:

- Draw a map of your home with all members of your household, marking two (2) exits for each room and a path to the outside from each exit.
- Practice your home drills twice a year. Conduct one at night and 1 during the day with everyone in your home, and practice using different ways out.
- Teach children how to escape on their own in case you can’t help them.
- Make sure the number of your home is clearly marked and easy for the fire department to find.

- Close doors behind you as you leave-this may slow the spread of smoke, heat, and fire.
- Once you get outside, stay outside. Never go back inside a burning building.

For more information on Fire Prevention visit: www.nfpa.org or for child friendly interactive fire education visit www.sparky.org



For families that celebrate Halloween in their communities, take part in the **Teal Pumpkin Project!** This project raises awareness of food allergies and promotes inclusion for all trick-or-treaters throughout the Halloween season. Communities can paint pumpkins with the color teal and place them on their porches. This represents that their “treats” will be common allergen free. Common allergies are milk, eggs, peanuts, shellfish, and wheat. Another idea is to give out items that are non-food treats, such as stickers, stamps, pack of crayons, or bubbles. For more information on the Teal Pumpkin Project and education on food allergies visit:

www.foodallergy.org



flashing **red lights** indicate the bus **is** loading or unloading.

If there is ever any question about the safety of passing a school bus... **DO NOT PASS!**



National School Bus Safety Week will be October 16-20, 2017. This year's theme is "Stop on Red". Below is information to keep you and your children safe at the bus stop.

Putting a Stop to Stop-Arm Violations

The act of passing a stopped school bus with red lights flashing is commonly known as "stop-arm violation" because of the stop-sign on an "arm" that extends from the driver's side of the bus when the red lights are activated.

All 50 states have laws against passing a school bus with its lights flashing and stop-arm extended; however, some motorists choose to ignore the law. Motorists violate stop-arm signals by continuing past a bus they are approaching in the front, driving past a bus from behind in a lane on driver's side, or driving past a bus from behind on the shoulder of the road.

While the number of actual crashes by this violation is low, the potential for injury or death is high.

- Over the past 4 decades, 441 deaths have been caused by a vehicle passing a bus illegally.
- In the 2006-7 school year, 57% of fatalities were caused by a vehicle passing a bus illegally.
- In 2011, 26 children were killed as pedestrians getting on or off the bus or by waiting at the school bus stop.

So remember and educate family and friends...

Always

Approach a bus with caution (they are bright yellow for a reason).

Look for signs that students are loading or unloading.

Flashing **yellow lights** indicate that the bus is **about to** load or unload; an extended stop-arm and

Enjoying the Family Meal

Family meals are important. You create close bonds and lifelong memories around the family table. Family meals can teach your child about healthful eating. You are that role model for your child. When parents try new foods, your child is more likely to try new foods as well.

Easy ways to make family meals a pleasant part of your day.

- Set a regular mealtime- Regular mealtimes give your child a better chance to eat a variety of foods to get the right amount to grow, stay healthy, and keep a healthy weight.
- Make it simple and quick- Spend less time in the kitchen preparing the meal and more time at the table for sharing, laughing and bonding with your child. Pre plan your meal so you can be relaxed during the cooking process and at the table.
- Enjoy meal talk- Make easy conversation- no nagging or complaining. Talk so everyone can be a "star" at the table. Have everyone share something good that happened that day.

For more information on Nutrition or Safety, please contact:

Courtney Cummins

(304) 363-2170 ext.122

ccummins@ncwvcaa.org