

# NCWVCAA Nutrition, Safety, and Transportation November Newsletter

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## Topics Discussed

- Bus Safety/Stop-Arm Violation
  - Kitchen Helpers
  - What is Drug Addiction?



### 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 cause 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 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!**



## Kitchen Helpers: Cooking Abilities of Young Children

**Helping prepare and cook foods is a great way for children to:** learn, have fun, and try nutritious foods.

What activities your child will be able to help with will depend on her or his age. Keep the following in mind when including young children in cooking activities.

**Two-year-olds are learning to use the large muscles in their arms.**

Try activities such as: • scrubbing vegetables and fruits • carrying unbreakable items to the table • dipping foods • washing and tearing lettuce and salad greens • breaking bread into pieces

**Three-year-olds are learning to use their hands.**

Try activities such as: • pouring liquids into batter (you measure first) • mixing batter or other dry and wet ingredients together • shaking a drink in a closed container • spreading butters or spreads • kneading dough • washing vegetables and fruit • serving foods • putting things in the trash after cooking or after a meal

**Four and Five-year-olds are learning to control small muscles in their fingers.**

Try activities such as: • juicing oranges • peeling some fruits and vegetables (bananas and even onions) • mashing soft fruits and vegetables • scrubbing vegetables (potatoes, mushrooms) • cutting soft foods with a plastic knife (mushrooms, hard-boiled eggs) • pressing cookie cutters • measuring dry ingredients • cracking open/breaking eggs • setting the table • wiping up after cooking • clearing the table after a meal



### What is Addiction?

Not everyone who uses drugs becomes addicted. Each person's body and brain are different. People react to drugs differently. There's no rule about how soon someone becomes addicted. It can happen quickly or take time.

**People don't plan to get addicted to drugs.**

When people first take a drug, they might like how it makes them feel. They believe they can control how much and how often they take the drug. But drugs can take away people's control. Drugs can change the brain. At first the drugs might make you feel good. But after time you might need to take the drug just to feel normal. You might start taking more just to get the same high. You might keep using the drug, even though it starts hurting your life. You might spend a lot of time trying to get more of the drug. Seeking and using drugs might start hurting your loved ones, but you can't stop. These are signs of an addiction. An addiction can take over your life. Taking drugs can become more important than the need to eat or sleep. Getting and using drugs can become all you think about. The addiction can replace all the things you used to enjoy. You might do almost anything to keep taking the drug, like steal or lie.

**An addiction is a brain disorder.**

- Drugs can change how the brain works.
- The brain changes can last for a long time.
- The changes can cause problems with a person's behavior. People with a drug addiction might be moody, have memory loss, or even have trouble thinking and making decisions.

An addiction is an illness, just as heart disease and cancer are illnesses. An addiction is not a weakness. It does not mean someone is a bad person. People from all backgrounds can get an addiction. It doesn't matter if you are rich or poor. It doesn't matter where you live. It doesn't matter if you went to college or not. An addiction can happen to anyone and at any age. But the chances are higher when a person starts using drug when they're young. You can call 1-800-662-HELP (4357) at any time to find treatment centers in your area.

**For more information on nutrition or safety, please contact:**

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