

# IT'S BACK-TO-SCHOOL TIME!

Back-to-school doesn't have to mean back-to-worrying. Though safety inside your child's school is ultimately the responsibility of the principal and school staff, parents can take a few basic steps to ensure a safe school experience, too. These are recommended by the National Association of Elementary School Principals:

- **Learn the school's emergency procedures:** Emergency plans and phone numbers are usually included in school handbooks and posted in classrooms
- **Know travel routes to and from the school:** Make sure you and your child know both primary and alternate routes
- **Know and follow school security and safety measures:** These might include signing in when visiting the school, being escorted when walking through the building, or wearing a visitor pass
- **Talk with your child about safety:** Be specific; talk about instinct and paying attention to funny feelings of fear; explain what to do if he or she doesn't feel safe (contact you or a trusted neighbor, find a teacher, call 9-1-1, etc.)
- **Inform school staff about health and emotional concerns:** Whether your child has a food allergy, a physical disability, or has been subjected to bullying, make sure to keep your child's teachers and principal in the loop
- **Get involved:** Talk with the principal about what you can do to increase school safety, such as organizing parents to form a neighborhood watch before and after school

Source: Scholastic



# BACK-TO-SCHOOL TRANSPORTATION SAFETY

Whether your children walk, ride their bike, or take the bus to school, it is extremely important that they take proper safety precautions. Here are some tips:

- **Walking:** Walk on the sidewalk; before crossing the street, stop and look left, right, and left again for oncoming traffic; make eye contact with drivers before crossing; stay alert and avoid distracted walking
- **Riding a bike:** Ride on the right side of the road, with traffic, and in a single file; come to a complete stop before crossing the street; stay alert and avoid distracted riding; make sure your child always wears a properly fitted helmet and bright clothes
- **Riding the bus:** Go to the bus stop with your child to teach them the proper way to get on and off the bus; teach your child to stand six feet (or three giant steps) away from the curb; if crossing the street in front of the bus, teach your child to walk on the side of the road until they are 10 feet ahead of the bus—your child and the bus driver should always be able to see each other
- **Driving your child:** Obey school-zone speed limits and follow your school's drop-off procedure; make eye contact with children who are crossing the street

Source: National Safety Council



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