



MAFES Dawg Tracks

August, 2012

Back to School
Safety



MISSISSIPPI STATE
UNIVERSITY



At various times during this month a total of 25 million kids will be starting back to school. It is extremely important that parents, teachers and others having responsibility for our children should endeavor to teach and guide them through sound safety practices to keep injuries as low as possible. Following we shall discuss some basic rules in various areas that can be passed on to our clientele that can serve as a “heads up” or a refresher in school safety.

Walking to school-

- Walk on a sidewalk, if one is available. If not, walk on the side always facing the traffic.
- Before crossing streets or intersections, look in both directions, twice, before crossing for oncoming vehicles.
- Do not “dart” out in front of a parked car.
- Practice walking to school with your child.

Riding a Bicycle -

- Make sure your kids are wearing a helmet when they leave home for school.
- Teach your children the “rules of the road” for riding bicycles: Ride on the right side of the road in single file.
- Come to a complete stop before crossing a street.

Riding a Bus to School-

- Go to the bus stop with your children to teach them how to safely get on and off the bus.
- Make sure that they stand at least 6 feet away from the curb.
- If you and your child need to cross the street in front of the bus, walk on the side of the road until you’re 10 feet ahead of the bus. You should always be positioned so that you can see the bus driver and he can see y’all.

SCHOOL SAFETY:

Many school-related injuries are preventable. Following are some tips to keep them safe at school:

Prevent Back-Pack Related Injuries-

- ✓ Choose a backpack carefully. Make sure that it is ergonomically designed for safety and comfort.
- ✓ Don’t overfill a **pack**. It should only weigh 10 to 20% of the child’s body weight. **Ex. A 60 lb. child should not have any more than 12 lbs. in their backpack.**
- ✓ Train and caution your child to always use both shoulder straps so that the weight is more evenly distributed.

Prevent playground-related Injuries-

- ✓ Encourage them to use playgrounds with soft surfaces. Avoid asphalt, concrete, grass and dirt surfaces as they normally have hard surfaces.
- ✓ Watch older children when they are playing on climbing equipment and refrain from allowing children 4 years and under to play on climbing equipment.

- ✓ Do not allow your children, of any age, to play on monkey bars. They are unsafe and children of any age should not be allowed to play on them.

Prevent Bullying –

Bullying in schools is as old as time, but just recently it has come to the forefront of society in general. Tragedies all across the U.S. have brought this problem to the public’s awareness. Now psychologists are doing extensive research to determine the damages possibly being caused by this.

Bullying comes in several different forms, such as: hitting or punching, teasing or name-calling, social exclusion (emotional bullying), unwanted sexual contact (sexual bullying), insulting e-mail or text messages.

Warning signs of bullying can be recognized with the following Problems:

- ~Lost interest or dislikes of school work
 - ~ Has only a few friends
 - ~Appears sad or moody when talking about school
 - ~Complaints of stomach aches or headaches
 - ~Unexplained cuts, scratches or bruises
 - ~Fear of returning to school
 - ~Coming home with torn clothing, missing articles of clothing or school supplies
 - ~Has trouble sleeping and experiencing nightmares
- Bullying can have long-term psychological effects, such as depression and low self-esteem.

SCHOOL BUS SAFETY GUIDELINES:

Getting on the Bus-

- ❖ Waiting for the bus - stay away from traffic and avoid horseplay or random behavior that might lead to a careless incident.
- ❖ Line up away from the bus as it approaches.
- ❖ Wait until bus has stopped, door is open, and then approach roadway to enter the bus.
- ❖ Utilize the handrail when stepping onto the bus.

Getting off the bus-

- ❖ Crossing the street in front of the bus - you should walk at least 10 feet on the roadside until you can turn around and see the driver. Make sure that the driver can see you until all is clear.
- ❖ When the driver signals walk across the street, but look at the roadway for possible traffic changes. Do not walk pass the center line until the driver signals you that it is okay.
- ❖ Stay away from the bus’s rear wheels at all times.

Crossing the Street-

- Before crossing - stop at the curb or roadway edge - look both ways twice for extra precaution, then walk across.
- With parked cars – move out where you are visible to the drivers or occupants, then look in both directions twice - and proceed cautiously.

**DRIVE WITH REASON DURING
THE SCHOOL-DAY SEASON!!**

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**~ALERT TODAY ~ALIVE TOMORROW~**

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Excerpts: [www.nsc.org](http://www.nsc.org)  
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