

Thank you for making school safety a priority.



Well-being Safety Assessments is an organization that is dedicated to preventing violence in schools across the United States.

We invite you to become a Proactive School and get access to free school resources at www.well-beingsafetyassessments.com

WSA provides

The Proactive Collection:

A toolbox filled with school safety solutions

- [School Wellness Assessments](#)
- [School Safety Environmental Assessments](#)
- [The School Helpline](#)
- [Full-Day of School Violence Prevention Training](#)
- [Social Emotional Learning Online Classes for middle/high school aged students](#)
- [Social Emotional Learning videos for elementary aged students](#)
- [School Safety Posters](#)
- And much more.

To edit and download this month's School Safety Newsletter go to:

https://www.canva.com/design/DAFX3Ydq0dg/aZvHJjiZwOHIB_sTLC9Khg/view?utm_content=DAFX3Ydq0dg&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview

**Every month receive a School Safety Newsletter in your inbox.
Cancel at anytime prior to receiving your information.**

School Safety Solutions

Well-being Safety Assessments proactive services

The School Helpline

Asking for help isn't easy. Texting is...



Subscribe Today.

- Operates 24 hours per day/7 days a week
- Students/Staff can call, text, chat, or email about all issues.
- Crisis workers take the report and send to the school designee.
- All confidential reports are housed in a central housing area accessible online.
- Mental health referrals are made for anger, depression and drug/alcohol abuse.
- Campus safety reports are called immediately to the School Administrator.



Well-being Safety Assessments 573.451.2151



School Wellness Assessments

An online screening that will identify students who are high risk in the following areas:

- **Anger**
- **Depression**
- **Drug/Alcohol Abuse**
- **Mental Health Concerns**
- **Child Abuse/Neglect**

Help students before things get out of hand!

Ask about a
Free Trial Assessment

573.451.2151



www.well-beingsafetyassessments.com

The School Helpline

School Wellness Assessments

SCHOOL SAFETY

NEWSLETTER

December 2022

HOW TO DRESS FOR THE COLD

It is that time of year again when some days are colder than others. Remember to dress in layers so a jacket or sweater can easily be taken off while in class where it is warmer and put back on for the trip outside. Many students love their shorts and flip-flops but this season calls for socks and warm shoes.

DRESSING FOR THE WINTER



How to recognize an Opioid Overdose

Recognize an overdose early, keep your eyes on the person until help arrives. If you are unsure, call 911. For more information, visit www.well-beingsafetyassessments.com.

Signs of an Overdose



Suspect an Overdose?

CALL 911

RECOGNIZING DRUG USE

Although all of us hope we are never put in a situation where someone we know has overdosed on drugs or alcohol. It is important to know what to do if you are. Recognizing what an overdose is and why it needs immediate action can be vital to saving a person's life. If a someone you know is behaving oddly, seems confused, struggling to stay awake or has blue lips this could be a sign of an overdose and requires professional help.

TEACHING ACCEPTANCE AND UNDERSTANDING

All of us have different beliefs. Some of us believe it is important to exercise every day while others of us feel strongly about how much time is spent on the internet. Regardless of what you believe, let's all agree to show compassion and understanding this year toward those individuals who choose not to celebrate Christmas. Their belief system is theirs just as our own belief system is our own. Please be respectful to others.

WELL-BEING SAFETY ASSESSMENTS

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FEBRUARY
2023

**MENTAL HEALTH
REMINDERS**

www.well-beingsafetyassessments.com

School Safety Newsletters

Mental Health Reminders

THE SCHOOL SAFETY NEWSLETTER

February 2023



February 1-28

Black History Month

February 7

Send a card to a friend Day

February 12

National Inventor's Day

February 14

Valentine's Day

February 26

Tell a Fairy Tale Day

February 28

Polar Bear Day



School Safety Contest

Entries need to be turned into the office by Feb. 28,

This month's **school safety contest** is to grab a piece of paper and write down as many classroom safety ideas you can think of! That's all you have to do. Be creative. Think outside of the box. And, identify as many safety solutions we can all use inside the classroom. Make sure you turn your papers into the office with your name and grade on it before February 28, 2023.

All winners will get a gift card to a local restaurant!





BLACK HISTORY MONTH

Black History month is a time to honor the legacy of African Americans and their contributions to history. Since 1976, every president has designated the month of February to celebrate Black History and have chosen a specific theme. "Black Resistance" is the theme for 2023. It will highlight the historic and ongoing oppression that so many African Americans have had to face. To learn more about Black History month go to:

<https://www.history.com/topics/black-history/black-history-month>

CARTER G. WOODSON

Carter G. Woodson was an African American writer and historian. He is widely known as being the "Father of Black History." Woodson was the second African American to receive a doctorate at Harvard University. He dedicated his career to black history and lobbied to obtain Black History Month.

Read More



 573.451.2151

 info@well-beingsafetyassessments.com

 10300 CoRd. 8130 Rolla, Missouri





Work it out

Ideas on how to handle conflict

- Make sure you are calm and use your positive coping skills
- Find the right time to approach the person you are in a disagreement with. Do it privately so others don't get involved.
- Let the person know you want to work it out.
- Share your feelings in a way they can hear what you are saying. Use your "I" statements. Don't blame or point fingers.
- Give them time to respond and listen to what they have to say.
- Offer solutions or a compromise to the problem.



February 17

Random Acts of Kindness Day

Can you do all the ACTS?

- Bake cookies for a neighbor
- Pick up litter
- Give a stranger a compliment
- Buy flowers and hand them out
- Leave a nice note on someone's locker
- Thank a teacher
- Volunteer to help someone
- Help your sibling/parent
- Spread positivity online
- Babysit for free
- Donate old clothes to a thrift store
- Hold open a door for someone
- Say Hi to your bus driver
- Give someone a candybar
- Make a family member breakfast in bed

Alcohol use is the leading cause of youth death & injury

According to the CDC, alcohol is the most commonly used substance among youth in the United States. In 2019, high school students were given a survey which indicated 29% of them had drunk alcohol in the previous 30 days. The survey also revealed that 14% of high schoolers "binge drank." And 17%, had rode in a vehicle with a driver who had been drinking.

Besides death, youth who drink alcohol are more likely to experience:

- higher rate of absentism from school
- fighting at school
- legal issues
- unwanted, unplanned and unprotected sexual activity
- increased risk of suicide and homicide

The four early warning signs that indicate youth may be struggling with alcohol abuse is:

1. socially withdrawing from others
2. changing their friends
3. personality/attitude change
4. poor grades at school

If you or someone you know is struggling with alcohol use reach out and ask for help. Talk to a school counselor, trusted adult or friend.



<https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>

Struggling with alcohol or drug use?

Online counseling is available.

WSA

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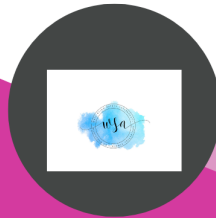
www.well-beingsafetyassessments.com/services



TELL YOUR SCHOOL HOW MUCH YOU CARE

Happy Valentine's Day

Give your school a gift card to purchase **school safety solutions**



Gift Card

There is no better gift than the gift of peace of mind.

VALID UNTIL 31 DECEMBER 2023
WELL-BEINGSAFETYASSESSMENTS.COM

SCHOOL
SAFETY
SERVICES

To purchase go to: <https://www.well-beingsafetyassessments.com/gift-card>

SURPRISE YOUR FAVORITE TEACHER, COUNSELOR OR PRINCIPAL WITH THE GIFT OF SCHOOL SAFETY

These school safety gift cards can be given anytime of year. Purchase the card and send it directly to the teacher, custodian, librarian, bus driver or principal. What an amazing way to say Thank You for all that you do. Gift cards can be used to purchase mental health worksheets and videos, violence prevention posters, The School Helpline or even faculty t-shirts.

To Purchase go to: <https://www.well-beingsafetyassessments.com/gift-card>

WELL-BEING
SAFETY
ASSESSMENTS

FOLLOW OUR SOCIAL MEDIA





Cupid Chow Recipe

INGREDIENTS

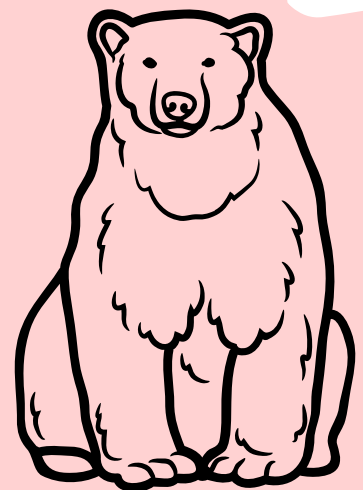
- $\frac{1}{2}$ cup creamy peanut butter
- $\frac{1}{4}$ cup butter
- 1 cup milk chocolate chips
- 1 tsp vanilla
- 9 cups Chex cereal
- 2 cups powdered sugar
- 1 cup M&Ms
- sprinkles of your choice

INSTRUCTIONS

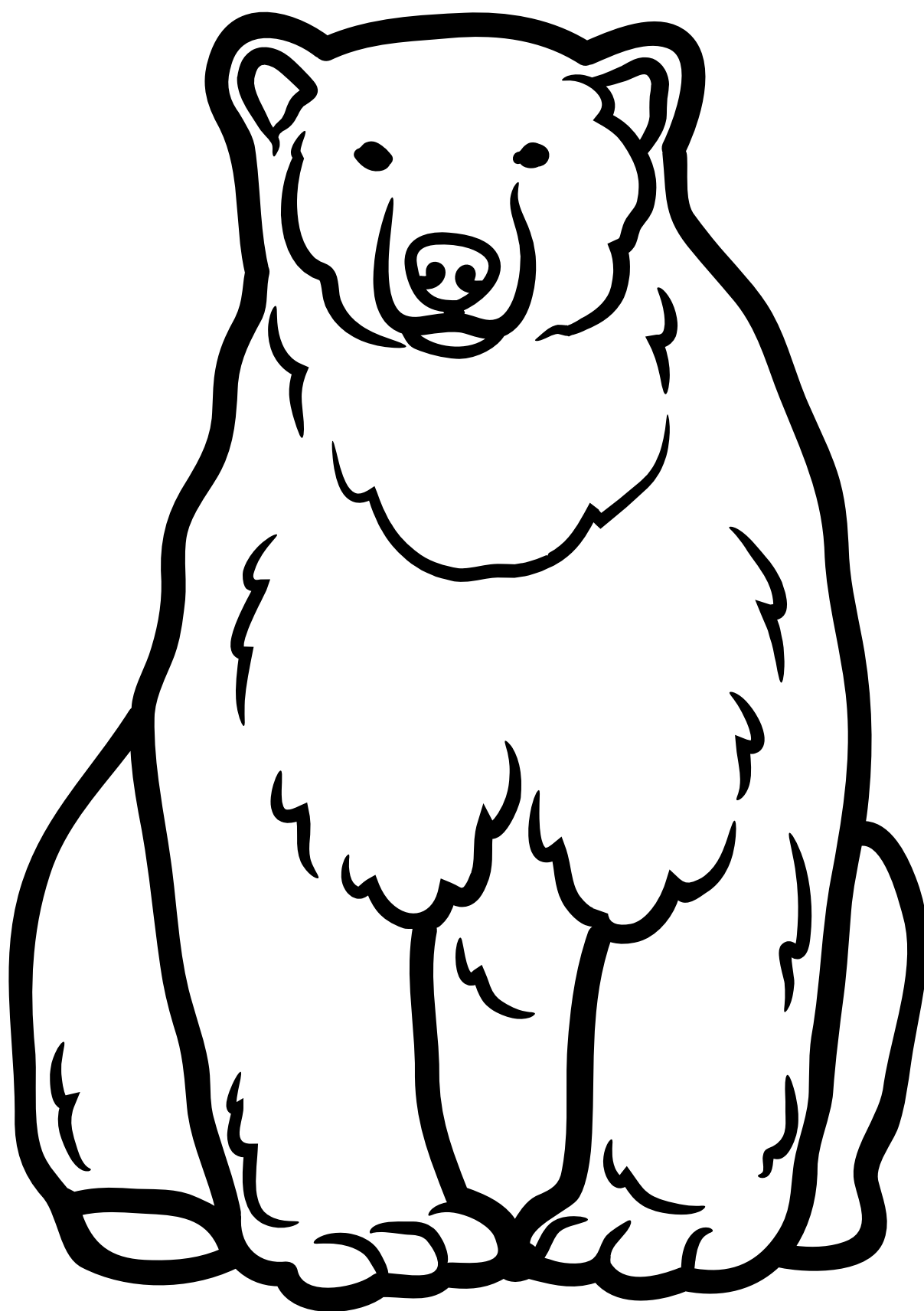
- Combine peanut butter, butter, and chocolate chips in a microwavable bowl.
- Microwave for 1 minute, then stir until melted and creamy. Add vanilla and stir. In a large bowl with a cover, pour chocolate mixture over cereal.
- Cover and shake until cereal is evenly coated. Sprinkle powdered sugar over cereal. Cover and shake until evenly coated. Add M&Ms and sprinkles of your choice.

Recipe courtesy of: <https://www.craftymorning.com/cupid-chow-recipe/>

Color the page and turn into the office to be entered to win a prize



Polar Bear Day February 28, 2023



If your child is struggling with anger,
depression or mental health concerns,
there is help.

Online
Counseling

Online
Classes

Consultation

Assessment



www.well-beingsafetyassessments.com