December 2022



School Safety Newsletter



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 SafetyEnvironmental 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:

<u>https://www.canva.com/design/DAFTdJBtuss/oRyz9gg88bXBRU8N3hOWKA/view?</u> utm_content=DAFTdJBtuss&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=previewt

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.





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 your 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



Seasonal Depression

Seasonal Depression is also called Seasonal Affective Disorder (SAD) and it is a type of Depression. The change in seasons, typically the Fall season into Winter is a trigger. A person may begin to feel sad and experience lack of energy and want to sleep all the time. About 5% of adults and teens experience SAD and about 10-20% of people experience a milder form of the blues during the winter months. If you or someone you know is experiencing Seasonal Depression talk to your doctor or see a mental health counselor for help.



Staying busy over Winter Break

Play a game Listen to music Go for a walk Color/Draw Read a book Paint Play in the snow Call a friend Try oragami Do a crossword puzzle Play an instrument Build a fort Write a letter Listen to a podcast Plan a fun event Bake a treat Work on a wishlist

GIVE YOUR SCHOOL THE BEST PRESENT



GIVE THE GIFT OF SAFETY THIS HOLIDAY SEASON

Looking for a way to give back to your school or teachers this holiday season? School Safety is on everyone's mind these days and there is no better gift than peace of mind. Purchase a Gift Card for School Safety Solutions and send it directly to the Principal.



To Learn more: https://www.well-beingsafetyassessments.com/gift-card

WELL-BEING SAFETY ASSESSMENTS





Whether there is a snow day this December or not; anytime is a good time for a SNOWMAN COOKIE!

Color the snowman and give to the school office to be entered to win fun prizes!

INGREDIENTS

- 1 (8 ounce) package cream cheese, softened
- 36 OREO Cookies (regular size), finely crushed
- 16 oz vanilla candy coating, melted (like Candiquick or almond bark)
- 48 Mini OREO Bite Size Cookies
- decorations: decorating icing or gel; multi-colored sprinkles

INSTRUCTIONS

- 1. Mix cream cheese and cookie crumbs until well blended. I like to crush the Oreos in a food processor and then add the cream cheese and process it together. It can also be done by hand though.
- 2. Shape into 48 (1-inch) balls; place in single layer in shallow pan. Some readers have stuck toothpicks in the top before freezing for easier dipping later. Freeze for at least 20 minutes. They can be frozen for longer. Dip balls in melted coating (see note); I do this by using a fork and tapping the fork on the bowl of my candy coating to remove some of the extra coating. If you used the toothpick option dip balls and then gently remove the toothpick and fill in the hole with melted candy coating. Place in shallow waxed paper-lined pan, allowing excess coating to pool at bottom of each ball.
- 3. Chill balls until coating is set.
- 4. Decorate with remaining ingredients as shown in photo. You can use the candy coating to adhere the hat to the head. Place in the fridge immediately to set up the decorations.
- 5. Refrigerate 1 hour or until firm. Keep refrigerated. Courtesy of: https://www.the-girl-who-ate-everything.com/christmas-parties/







Frosty the Snowman

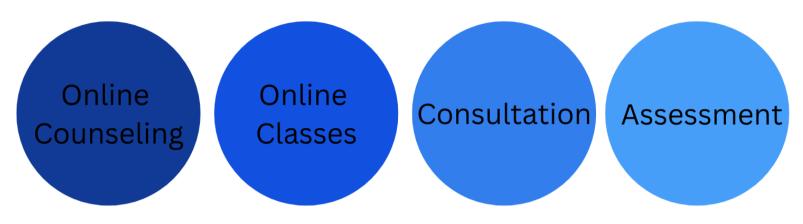
Frosty the snowman was a jolly happy soul, With a corncob pipe and a button nose And two eyes made out of coal. Frosty the snowman is a fairy tale, they say, He was made of snow but the children Know how he came to life one day. There must have been some magic in that Old silk hat they found. For when they placed it on his head He began to dance around. O, Frosty the snowman Was alive as he could be, And the children say he could laugh And play just the same as you and me. Thumpetty thump thump, Thumpety thump thump, Look at Frosty go. Thumpetty thump thump, Thumpety thump thump, Over the hills of snow.

Frosty the snowman knew The sun was hot that day, So he said, "Let's run and We'll have some fun Now before I melt away." Down to the village, With a broomstick in his hand, Running here and there all Around the square saying, Catch me if you can. He led them down the streets of town Right to the traffic cop. And he only paused a moment when He heard him holler "Stop!" For Frosty the snow man Had to hurry on his way, But he waved goodbye saying, "Don't you cry, I'll be back again some day." Thumpetty thump thump, Thumpety thump thump, Look at Frosty go. Thumpetty thump thump, Thumpety thump thump, Over the hills of snow.



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





www.well-beingsafetyassessments.com