

December 2022

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 for the weather.

DRESSING FOR THE WINTER

Chilly Weather

WINTER

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Gift Card

VALID UNTIL 31 DECEMBER 2022
WELL-BEING SAFETY ASSESSMENTS.COM

To Learn more:

<https://www.well-beingsafetyassessments.com/gift-card>



by the Snowman

has a jolly happy soul,
and a button nose
side out of coal.
Fairy tale, they say,
but the children
to life one day.
Some magic in that
name.

anger,
concerns,

Assessment

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



ents.com

This month calls
for sweet
treats!



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 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/DAFTdJBtuss/oRyz9gg88bXBRU8N3hOWKA/view?](https://www.canva.com/design/DAFTdJBtuss/oRyz9gg88bXBRU8N3hOWKA/view?utm_content=DAFTdJBtuss&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)

[utm_content=DAFTdJBtuss&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview](https://www.canva.com/design/DAFTdJBtuss/oRyz9gg88bXBRU8N3hOWKA/view?utm_content=DAFTdJBtuss&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink&mode=preview)

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Cancel at anytime prior to receiving your information.**

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

It is important to dress appropriately for the cold.

Chilly Weather
Adding layers as the temperature drops will keep you warmer. Add 1-2 layers. Includes: warm shoes.

Cold Weather
hat and gloves. Add 2-3 layers. Includes: warm boots.

Extreme Cold Weather
hat and gloves, scarf. Add 3-4 layers. Includes: water proof boots.

How to recognize an Opioid Overdose

Anyone can overdose using opioids, even if using the very first time or in small amounts. Fentanyl and other dangerous substances are being mixed with or disguised as other drugs like heroin, oxycodone, cocaine and ecstasy/MDMA.

Signs of an Overdose

- Blue lips or nails
- Weak/No Breathing
- Dizziness and Confusion
- Problems staying awake
- Unconscious
- Choking or gurgling sounds

Suspect an Overdose?

Call 911

www.well-being-safety-assessments.com

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.



IT'S WINTER

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.

Give your school a gift card to purchase **school safety solutions** this holiday season.



To Learn more:

<https://www.well-beingsafetyassessments.com/gift-card>

**WELL-BEING
SAFETY
ASSESSMENTS**



Let's make Snowman Cookies

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

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/>

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





Frosty the Snowman

Frosty the snowman was a jolly happy soul,
With a corn cob 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.

Online
Counseling

Online
Classes

Consultation

Assessment



www.well-beingsafetyassessments.com