

## Internet safety:

- \* Never give out your name, address, phone number, email, password or school name.
- \* Never send a picture of yourself to a stranger.
- \* Never open emails, files or web pages from people you don't know or trust.
- \* Always check with an adult before downloading.
- \* Never respond to new people online.
- \* Tell an adult if something makes you uncomfortable, scared or confused.
- \* Tell an adult if anyone online asks to meet you in person.
- \* Never tell a stranger where you are going and what time you will be there.
- \* Never enter a chat room without an adult present.
- \* Do not share details about your life with others online.
- \* Do not use mean or rude language online.
- \* Do not buy or order anything online without adult supervision.



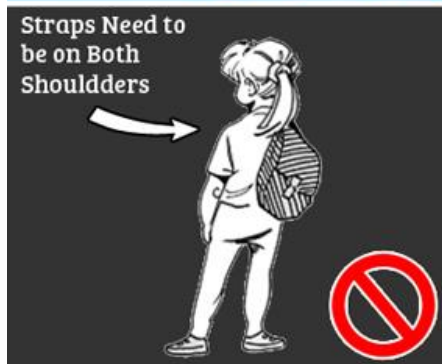
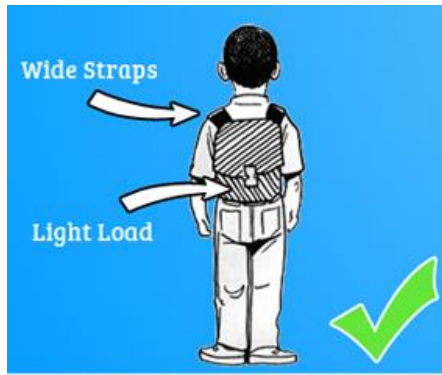
## FIRE DRILL SAFETY:

1. Walk and not run.
2. Follow your teacher outside.
3. Wait with your class and don't talk.
4. Listen for the "all clear" bell.
5. Listen for your teacher as to when it's safe to go back inside.



5. Line up and follow the teacher.





## Backpacks Without Back Pain

### Tips from the American Chiropractic Association

- Make sure your child's backpack weighs no more than **5 to 10 percent** of their body weight.
- Your child's backpack should never hang more than **four inches below** the waistline.
- Purchase backpacks with individualized compartments - this helps to position the contents **more effectively**.
- Purchase **small to medium** sized backpacks - The more room there is in a backpack, the more your child will carry.
- Urge your child to wear **both shoulder straps**.
- Purchase backpacks with wide, **padded straps**.
- Purchase backpacks with **adjustable straps** so the backpack can be fitted to your child's body.
- If the backpack is still **too heavy**, talk to your child's teacher. Ask if your child could leave the **heaviest books** at school.