

# Collier Elementary

## Health and Safety Newsletter

### Play it SAFE!

Playing sports is one of the best ways to keep active, healthy and happy. Being part of a team and playing sports can build self-esteem and social skills. We also know that playing sports can mean risk of injury. Injuries can range from a mild ankle sprain to severe injuries such as concussions or heat stroke.

Experts say that many sports related injuries are preventable. Read on to learn how you can reduce the risk of injury to your child.

Have your physician conduct a pre-participation physical examination.

A bump, blow, or jolt to the head can cause a concussion. Concussions can also occur from a blow to the body that causes the head and brain to move

rapidly back and forth. Any change in the athlete's behavior, thinking, or

physical functioning may be signs of concussion. If a concussion is suspected, seek medical attention right away.

Risks of injuries are more severe in children than in adults because their growing bones cannot handle the stress. Overuse injuries are more common in sports and occur over time, making detection of injuries difficult. A warm up activity such as jogging for 10 minutes and stretching is good prevention. Participating in a variety of sports helps balance muscle development. Make sure children wear properly fitted sports equipment. Respond quickly to signs of

### Bully Prevention Initiative

Our Key message for March is "Bullying Can Be Stopped". Dealing with a bully is not something children should do by themselves. Children who are bullied need support and tools (skills) to deal with the situation. They can't deal with the bully themselves because of the imbalance of power. That is why telling an adult is still the best general rule.

Some of the strategies students learned this month in class are to ignore, use humor, distraction, or agreement. These are best used in certain situations and at certain age groups.

The main concern when dealing with a bully is student safety. For this reason we teach the 3 R's: Recognizing Bully Behavior; Refusing to be Bullied; Reporting Bullying Behavior.

Intervention strategies and prevention strat-

### Swimming Safety

Swimming pools are a great source for exercise and relaxation in Arizona- but they are also the leading cause of home injuries and fatalities. It can happen in a split second so you have to be alert and prepared.

To prevent a tragedy, the Home Safety Council offers the following tips:

\*Install a fence all the way around the pool or spa. The fence should close and latch by itself. It should be at least five feet high.

Always keep gates closed and latched. Never

Special Points of Interest in this Issue:

Sports Safety

Bully Prevention Initiative

Swimming Safety



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# PARENTAL TIP SHEET

## What is bullying? How do you stop it?

It's what happens when someone repeatedly hurts or threatens another person on purpose.

Bullying comes in many forms:

— name calling, leaving people out, spreading rumors or physically hurting someone. And it can happen in person, in writing, online, on cell phones, in school, on the bus, at home, anywhere. It is not a normal rite of passage, it has serious consequences and it's NOT acceptable.

*Explain to your children what bullying is, and that it is **NEVER** acceptable. Express your concern and make it clear you want to help.*

Teach your child how to **take a stand against bullying**.

Identify trusted adults who can help and what to say when asking for help.

Talk to your child's teacher instead of confronting the bully's parents. If no action is taken, talk to the principal.

Teach your child **nonviolent ways** to deal with bullies, like walking away or talking it out. Role-play bullying scenarios with your child.

Help your child act with **self-confidence**. Practice walking upright, looking people in the eye, and speaking clearly.

**Don't** encourage your child to fight. He or she could get hurt, get in trouble or start more serious problems with the bully.

**Involve your children in activities outside of school. This way they can make friends in a different social circle.**

Help your child learn how to prevent bullying by talking to them about the issue and encouraging them to **SPEAK UP**.

**Take the pledge at [facebook.com/stopbullyingspeakup](https://facebook.com/stopbullyingspeakup)**

**STOPBULLYINGSPEAKUP.COM/PARENTS**