

## Upcoming Events:

**Stuff the Bus** at the Save Mart parking lot on August 2nd from noon to 7:00pm. Call 296-2785 for more info.

**Dad & Me** at the Sutter Creek Farmer's Market, Saturday, August 14th, 10-noon. Call 257-1092 to reserve your spot.

**ACAPC Meetings**  
August 16, 2010  
10:00 to 11:30am  
Health & Human Services Building, Conf. Room B

September 20, 2010  
10:00 to 11:30am  
Join us for an overview presentation about the council.

**ACAPC is now on Facebook!**

Amador Child Abuse Prevention Council

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# August 2010



## Making the Transition Back to School... Safely

There are many ways that parents can help make the transition back to school more enjoyable for their students, and help them travel to and from school safely. Here's a few suggestions:

**Starting the day:** Breakfast! They say it's the most important meal of the day and essential for children to do well in school. When short on time in the morning, have your child drink a glass of milk and grab a granola bar, breakfast bar, fruit, dried fruit or dry cereal to eat on the way to school.

**Routines & Planning:** Establish school bed time routines a few days before school starts, and plan for a bit of extra time for getting ready and getting to school the first few days.

Planning what to wear and making lunches the night before might make mornings go a bit smoother.



**Backpacks:** The American Academy of Pediatrics recommends:

- Choose a backpack with wide, padded shoulder straps and a padded back.
- The backpack should never weigh more than 10 to 20 percent of the your child's body weight.
- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back.
- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles.

### Walking to and from School:

- Map out with your children a safe way for them to walk to school or to the bus stop. Do a trial run with them to point out places they should avoid and where to cross streets safely.
- Encourage children to walk to school or the bus stop with a sibling or friend, and to wait at bus stops with other children.
- Teach children not to talk to strangers, go anywhere with them, or accept gifts from them without your permission. Tell them that if they see a suspicious stranger hanging around or in their school they should tell an adult quickly.

*\*New! Stranger Awareness program for children and parents. Call for more info.*

### On the bus:

- Have your children arrive at the bus stop at least five minutes before the bus is scheduled to pick them up.
- Make sure children know to stand on the sidewalk or on the grass while waiting for the bus.
- Teach children to make sure they can see the bus driver and the bus driver can see them before crossing in front of the bus, and to never walk behind the bus.
- Be aware that often bullying takes place on the school bus. Ask children about their bus - who they sit with, who they talk to, and what the other kids do. Let them know that if they see someone being bullied, or are bullied themselves, they can talk to you, the bus driver, or another trusted adult.

*\* In September: Bullying & Cyber Bullying*