



August 2011

Upcoming Events:

August 15th
First Day of School!

August 15th
Amador CAPC
Committees Meeting
10-11:30am Health &
Human Services, Room B

August 27th—3-7pm
Tri-County Autism Group
Carnival Fundraiser at
Sterling Automotive in
Jackson. Call 257-5444
for more information.

September 7, 2011
Strengthening Families
by Building Protective
Factors Workshop is
coming to Jackson! -
Register online at:
www.familyresourcecenters.net

Sometime in August (or
September), the Council
office will be moving to
the new First 5 building
on Broadway!

Amador Child Abuse Prevention Council
(sponsored by the
Amador Community Foundation)
845 E. State Hwy. 88, #183
Jackson, CA 95642
209-223-5921
Email: info@amadorcapc.org
www.amadorcapc.org

Get Ready for School—Safely!

School starts soon. Here are a few tips to help prepare kids and get them to and from school safely:

Start the day with breakfast! Children can not learn on an empty stomach. Even when short on time, have children drink a glass of milk and grab a piece of fruit, breakfast or granola bar, or toast with peanut butter to eat on the way to school.

Establish routines before school starts. A little planning goes a long way. Set bedtimes, leave a little extra time for getting ready in the morning the first few days of school, plan what to wear and make lunches the night before.

Backpacks should weigh no more than 10-20% of your child's body weight, and have wide, padded shoulder straps. Instruct children to always use both shoulder straps to avoid muscle strain.

Walking to and from school or bus stops:

- ◆ Walk the route to and from school with your children pointing out safe places to walk, cross streets or, places to go if they need help or are being followed.
- ◆ Always have children walk with a friend or a group to and from school.
- ◆ If children ride the bus, wait with younger children at the bus stop or make arrangements for supervision at the bus stop.

- ◆ Teach children to trust their feelings if anyone bothers them or makes them feel scared, uncomfortable or confused while going to or from school. Instruct children to say "**No,**" immediately get away (**Go**) from that person, and to **Tell** you or another trusted adult right away. (**No, Go, Tell**)
- ◆ Instruct children to never approach a vehicle, or accept money or gifts from anyone unless you have told them it is OK to accept in each instance. Adults should not ask kids for directions or help, they should ask other adults.
- ◆ Instruct children to never leave school grounds before the end of the regular school day and to always check first if plans change.
- ◆ Have children call to check in with their parent or guardian if they are not there as soon as they get home.
- ◆ Be aware that bullying often takes place on the school bus or on the way to or from school. Let children know that if they see someone being bullied, or are bullied themselves, that they can talk to you, the bus driver, or another trusted adult.

Please visit our "Links" page for more resources on safety and bullying prevention at www.AmadorCAPC.org.