



**CONGRATS!!!**

- Congratulations to Julie Jeske, the runner that represented Safe Kids Grand Forks in the Marine Corps Marathon on October 25th, 2009.
- Julie ran the 26.2 miles in 3:58:42! She burned over 5000 calories!
- It's not too late to donate to Safe Kids Grand Forks and help us meet our goal!!
- Visit page 5 of this newsletter for more information.

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## Keep Your Little Goblins Safe This Halloween!



The leaves are falling, the air is colder, and Halloween is almost upon us. Halloween is a fun holiday

and a great time to reinforce some general safety tips with your children as well as some safety precautions that apply mainly to Halloween. Below are some important safety tips to keep your Halloween safe.

### Pedestrian and Motorists Safety Tips:

- Decorate costumes with retro reflective tape or stickers.
- Use costumes that are light or bright to make children more visible at night.
- Teach children to walk, not run while trick-or-treating.
- Remind children to stop at all street corners before crossing.
- Remember to cross the street only at intersections and crosswalks.
- Look left, right, and left again before crossing & while crossing.
- Obey all traffic signs and signals.
- Watch for children walking in the street or on curbs.
- Enter and exit driveways very carefully.
- Teach children to enter and exit cars on the curbside, away from traffic.

### General Halloween Safety Tips:

- Accompany children under age 12 while trick-or-treating.
- Attach the name, address and phone # in the children's clothing in case they get separated from their parents.
- Instruct children to travel in familiar neighborhoods and along designated routes.
- Instruct children to never enter a home/apartment unless accompanied by an adult.
- Be careful with costumes around jack-o-lanterns or candles that may be serving as a porch/step decoration.
- Tell children to bring all treats home before eating them. Carefully inspect items to be sure they have not been tampered with and are safety sealed.

### Halloween Falls Safety Tips:

- Apply face paint rather than wearing a mask. If a mask is worn, be sure that it fits properly and the eyeholes are large enough for full vision.
- Give trick-or-treaters a flashlight to use.
- Make costumes short enough to avoid tripping.
- Secure hats so they do not fall over children's eyes.
- Dress in shoes that fit.

Large, adult size shoes make it easier to fall.

- Allow children to carry only flexible knives, swords or props. Anything they carry could injure them if they fall.
- Teach children not to cut across lawns. Lawn ornaments and clotheslines are "hidden hazards" in the dark. Stay on the sidewalks at all times.

### Halloween Burn Safety Tips:

- Look for flame resistant labels on costumes, masks, beards and wigs.
- Use fire resistant materials when making costumes.
- Avoid costumes made of flimsy material and outfits with big, baggy sleeves, tails or flowing skirts. They are more likely to come in contact with exposed flames.
- Keep candles, pumpkins with candles, matches and lighters out of children's reach.
- Use flameless candles in pumpkins rather than ones with true flames. (SKGF has them for sale.)



If you have any questions, please contact Safe Kids Grand Forks at [safekids@altru.org](mailto:safekids@altru.org) or call 780-1489. Safe Kids Grand Forks wishes you a fun and SAFE Halloween.



# International Walk to School Day

On October 7, 2009 Safe Kids Grand Forks and Grand Forks Public Schools once again participated in International Walk To School Day. FedEx and Safe Kids Worldwide have partnered on this event for over 10 years, with walk to school activities being held in communities around the world.

The purpose of IWTS is to encourage parents and kids to safely walk to school on a regular basis and to bring attention to the

responsibility of the entire community to drive safely in school zones. This year, nine GF public schools participated in the event, including Ben Franklin, Century, Kelly, Lewis & Clark, Phoenix, Viking, West, Wilder and Winship.

FedEx, The University of North Dakota and Safe Kids Grand Forks volunteers were on hand to encourage children walking to and from school. Volunteers also helped highlight the importance of safety in

school zones and distributed "Caught in the Crosswalk" coupons to children correctly using crosswalks.

A ribbon-cutting ceremony was held at Lewis & Clark school for the new "your speed" radar signs on 13th Avenue, east and west of the school. The signs display the speed of cars driving by, reminding drivers to slow down in school zones.

Kerri Drees and KYCK Coyote were on hand from

KYCK along with City Council President Hal Gershman. Also attending were school principal Scott Johnson, FedEx Operations Director Troy Gerber and Officer Coffr from the Grand Forks Police Department. WDAZ aired a story about IWTS on the evening news, featuring Lewis & Clark students. Safe Kids Grand Forks extends a big thanks to KYCK, WDAZ, The Grand Forks Police Department and FedEx for making this such a successful day.

## Photos of International Walk To School Day

- Photo 1: Hal Gershman, Kerri Drees & Kyck Coyote
- 2: Winship Students and FedEx Volunteer
- 3: International Walk to School Day Volunteers at Lewis & Clark
- 4: A family of walkers at Viking Elementary
- 5: Century 5th Graders that helped out at IWTS
- 6: Officer Cofer from the GFPD and L & C Students



# Getting To and From School Safely. . .



Safe Kids has been offering pedestrian safety presentations to students in the Grand

Forks Public Schools for several years. Recently, we have expanded the presentation to cover all methods of getting to school (walking, biking, family vehicle and school bus). We have also been able to customize the presentations to each school with photos of

crosswalks, danger zones and parking lots specific to the school where the presentation is being conducted. In addition to providing a presentation to all the K-5 students, we give each student a reflective zipper pull and educational materials to share with their parents/

caregivers. This fall Patty Olsen, our Pedestrian and Wheeled Sports Coordinator,



was able to bring the Safe Kids message to nearly 2,500 GF Public School students.



A big thanks go to all the school principals, secretaries and teachers who make such presentations possible. It would not be possible for Safe Kids to bring such important safety information to our children without the support of the Grand Forks Public Schools.



## Decorate Safely for the Holidays

Holiday decorations, especially candles and electrical lighting, can be fire hazards, and Safe Kids Grand Forks reminds parents and caregivers to take a few precautions when decorating for the holiday season.

“Never, never leave lit candles unattended,” says Carma Hanson, Safe Kids Grand Forks coordinator. “Don’t put candles on a tree or a natural wreath, or near curtains or drapes. Keep matches and lighters locked out of reach.”

In 2005, candles started more than 15,000 home fires in the US, and the top four days for candle fires are around Christmas and New Year’s, according to the National Fire Protection Association. Battery-operated flameless candles are an alternative that does not have a fire risk. (SKGF has these for sale.)

If you decorate a tree, SKGF recommends these precautions:

Never leave a lit Christmas tree or other decorative lighting display unattended. Inspect lights for exposed or frayed wires, loose connections and broken sockets. Do not overload extension cords or outlets.

Natural Christmas trees always involve some risk of fire. To minimize the risk, get a fresh tree and keep it watered at all times. Do not put the tree within three feet of a fireplace, space heater, radiator or heat vent.

Decorate with children in mind. Do not put ornaments with small parts or metal hooks, or look like food or candy, on the lower branches where small children can reach them.

Trim protruding branches at or below a child’s eye level, and keep lights out of reach.

Do not burn Christmas tree branches, treated wood or wrapping paper in a home fireplace.

Safe Kids Grand Forks also offers these tips to prevent accidental poisoning:

Keep alcohol (including baking extracts) out of reach and do not leave alcoholic drinks unattended.

Holly berries, mistletoe berries, poinsettias, amaryllis, boxwood, Christmas rose, and English ivy are all potentially harmful if eaten. Keep out of reach.

For more information about holiday safety, call (701) 780-1489 or email [safekids@altru.org](mailto:safekids@altru.org).





# Safe Kids Star



Back-to-School time brings one of our coalition volunteer's efforts to the forefront. Captain Bob Rost with the Grand Forks County Sheriff's Office has been a coalition member for a long time. Bob recalled one day that he remembers serving as a crossing guard in his early elementary school years. Several years ago, Captain Rost was instrumental in writing legislation that laid the groundwork in the state of ND for

crossing guard programs to be established. Over the past several years, Captain Rost has served as a VOLUNTEER crossing guard at J. Nelson Kelly Elementary School in Grand Forks. Each morning before school and each afternoon, Bob can be seen with his hand held STOP sign and crossing guard vest, crossing children from that elementary school safely across Cherry Street. As per discussions with the school

principal, Mr. Mike LaMoine and our own Safe Kids observations, "Bob has singlehandedly changed the safety for children at that location, including those that walk, ride their bike or come in a car or bus. His education, role modeling and enforcement of safety rules have been paramount in our Safe Kids efforts at this school." For all his work with Safe Kids Grand Forks, especially in the pedestrian arena, we name Captain

Bob Rost as this edition's Safety Star. Thanks Bob!!



facebook

*Contact Us!*

facebook

*Safe Kids Grand Forks has a new email address and is now on Facebook!*

*Become Safe Kids Grand Forks friend on Facebook to keep up with upcoming events, learn great safety tips, and to find out how you can volunteer your time or resources. Safe Kids also has a new email address.*

*Contact us at [safekids@altru.org](mailto:safekids@altru.org)*

# Marine Corps Marathon

Following is a note from Julie Jeske explaining why she ran the Marine Corps Marathon to benefit Safe Kids Grand Forks.

## Running With Honor

From the moment I met Carma Hanson and learned about Safe Kids, I was instantly impressed with the passion and commitment held by the people associated with the organization. It wasn't long before I was volunteering my time and using the resources available to me to help spread the word on child safety.

Running the Marine Corps Marathon on behalf of Safe Kids is an extreme honor and one for which I'll be forever grateful. The entire experience, from the planning to the fund-raising, has been amazing. I won't lie, there were days when I had a hard time motivating myself to go for a long training run. However, your passion and commitment inspired me to keep going.

So, from the bottom of my heart, I want to thank each of you for making the difference in a child's life and in mine. Keep up the great work and never forget your passion.

Julie Jeske



**Lace Up**  
so kids can  
**BUCKLE UP**  
MARINE CORPS MARATHON

Safe Kids Grand Forks provides education and assistance to the public on preventing unintentional injuries and death to children under age 14 – the leading killer of kids in this age group. One area of focus is our Buckle Up program, offering car seat installation assistance and education to parents and caregivers to keep kids safe in motor vehicles.

We are excited to be one of 20 coalitions out of 600 to have a runner in the 2009 Marine Corps Marathon as a way to raise funds for our efforts. We hope you will assist in our “Lace Up So Kids Can Buckle Up” campaign. Together, we can help ensure all kids ride safe.

Julie Jeske, former Altru Health System employee and Safe Kids advocate, will be running in the marathon on our behalf. Join Julie and Safe Kids Grand Forks.

**GO TEAM!!**



**Support Julie Jeske and Grand Forks Safe Kids at the Marine Corps Marathon on Sunday, October 25, 2009 Washington, D.C.**

**To donate visit:**  
[www.safekids.org/marathon](http://www.safekids.org/marathon)  
(enter Safe Kids Grand Forks)  
or call (701) 780-1489.

*On behalf of Safe Kids Grand Forks and the kids we serve, we offer our thanks for your support.*



## *It's Not Too Late!!*

*It's not too late to donate and help Safe Kids Grand Forks reach their goal. Julie ran the 26.2 miles in 3:58:52. She burned over 5000 calories! Reward her hard work by donating to Safe Kids Grand Forks. To donate visit [safekids.org/marathon](http://safekids.org/marathon) (enter Team—Grand Forks) or call Safe Kids at (701) 780-1489. We hope to reach our \$10,000 goal and each and every dollar helps us in that effort.*