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Winter Sports Safety

The arrival of winter with snow and wind has been delayed this year. However, it's never too early to think about safety when you or your children are participating in winter sports such as snow skiing, ice skating and sledding.

Safe Kids strongly recommends that children and adults consider wearing helmets when engaging in such activities. A high incidence of head injuries are seen in all three sports.

Safe Kids sells winter sports helmets for \$22 (please see ad in this newsletter). The

helmets are made of a harder plastic to withstand greater impact. They are insulated and come with a strap for goggles. We do not carry a large number of the winter sports helmets, so get your order in early!

Some parents choose to purchase multi-sport helmets (\$12) for children learning to skate. Hockey helmets are also a good choice!

Speaking of hockey....when we dress our sons and daughters for games and practices, they are fully protected—helmets, mouth guards, neck guards, shoulder



pads, etc. However, many children skate at the outdoor parks without any protective equipment at all. Safe Kids strongly recommends that children and adult wear protective equipment anytime they are playing hockey – especially helmets and gloves.

Winter Clothing Tips

With the recent snowfall, winter is definitely here to stay! It's time to trade in the floral sundresses and jean shorts for cozy sweaters and corduroy jeans, so read on for tips on building a cozy and comfortable winter wardrobe for your children.

- Dress kids in layers so they stay warm and dry.
- Have your kids wear jackets and hats in bright colors that are easy to spot against snow and trees.

- Be sure your child wears a hat, scarf and gloves and keeps his or her ears covered.
- Pay attention to weather reports and avoid outdoor activities during severe wind chills and extremely low temperatures. Infants and toddlers should not go outside when the wind chill dips under ten degrees.
- Hats and scarves made of lambs wool are great insulators and will keep your little ones warm.

- Mittens keep hands warmer than gloves since the air has more room to circulate.
- Tuck hand warmer packets inside mittens and socks for quick warm-ups between snow-ball fights.

For more information and an in-depth winter clothing buying guide, please visit www.shopwiki.com/wiki/Winter+Clothes+for+Kids



Safe Kids Halloween Events

Safe Kids was very busy the month of October with our Halloween Safety Program. We were able to take part in events at UND, the YMCA and Macy's. We were also able to provide Halloween safety materials to several groups holding special events. Materials distributed included reflective treat bags, reflective zipper pulls and educational flyers for parents. Following is a list of events in which we participated:

October 16th – SHOP FOR A CAUSE – Macy's
 In addition to having the opportunity to sell coupons and raise money for the Marine Corps Marathon, Macy's allowed us to set up two Halloween Safety booths. We had coloring sheets for children and handed out safety materials.



October 24th —YMCA Halloween Event—Grand Forks YMCA

Safe Kids Grand Forks again participated in this event where ghosts and goblins came for a night of fun, games, trick-or-treating and play. Safe Kids provided kids and adults alike with safety items to keep them safe on Halloween. Thanks to the UND Nursing Students who attended this event and helped spread our message.

October 25th – Halloween Hoops – Betty Englestad Arena

Once again, Safe Kids teamed up with UND basketball for the "Meet the Sioux" Event. This year, we also partnered with the Jaycee's as they moved their "Treat Street" event to the Betty. Safe Kids staff, UND nursing students and FedEx employees were in the lobby distributing safety materials to attendees.

October 29th – 30th – UND Hockey and Football

Safe Kids teamed up with UND athletics to hand out Halloween safety materials at two hockey games and the football game. UND nursing students and FedEx employees were on hand at both hockey games distributing flyers and reflective materials.

At Saturday's football game, Safe Kids was provided a tail-gating spot as well as a table in the kids' zone inside the Alerus Center. Saturday proved to be a very cold morning; however, some brave UND nursing students and Troy Gerber (FedEx) grilled up some hotdogs and distributed materials. Safe Kids also distributed Halloween safety materials inside the arena during the game.

Distribution of safety materials

Safe Kids was also able to provide Halloween Safety materials to the Grand Forks Country Club and Hope Evangelical Church



for events they were conducting. Many other special requests were also filled.

In all, Safe Kids distributed nearly 2,000 reflective bags, zippers and educational flyers. Huge thanks go to the following groups and individuals for making October such a great month:

UND Athletics
 Max Huber
 Lisa Huber
 Lisa Alphson

UND Nursing Students

FedEx Operations Manager,
 Troy Gerber and his staff
 Proud Program Sponsor



Safe Kids Safety Tip:

Winter Safety

As the snow begins to fly, please keep kids off of snow banks along roadways. They may slip off of them onto the road and into on-coming traffic. It is also dangerous as road maintenance crews removing snow may not be able to see children in their paths.

For more winter safety tips, contact Safe Kids Grand Forks at Altru Health System (780-1489).





Safe Kids "Store"

Safe Kids Grand Forks has many safety items available for purchase year round (these items also make excellent gifts!) Here's what we have:

Flameless candles (white in color) – These are great for decorating in nursing homes or dorms where flames are not permitted or in homes with pets and small children. These are also great for decorating near garland or other flammable materials. – Cost: \$12 each

- 4 pack of votives OR
- 1 - 4" round pillar OR
- 1 - 4" carved hurricane (vanilla scent) – 4 designs available



Life jackets

- Infant (penguin or orange) - \$15
- Child – Adult (red or blue) - \$12

Wheeled Sports helmets

- Bike (toddler – adult sizes used for bike riding only) - \$7
- Multi-sport (toddler – adult used for biking, skateboarding, inline skating, scooters, etc) - \$12

Set of pads for inline skating, skateboarding, etc. - \$12

- Small, medium, large (Fits kids about age 8 and up)

Winter sports helmets (please see ad in this newsletter)

Plush stuffed animals - \$5 donation to Safe Kids Grand Forks

- Variety of styles – Christmas, Easter, Halloween, patriotic, professions (nurse, doctor, firefighter, police officer), ballerinas.

THESE MAKE GREAT STOCKING STUFFERS!!!!

Car Seats –

- Safe Kids has several models of car seats to meet the needs of babies and children; the prices vary. Please note, an appointment for installation is required when purchasing a seat.

Safety Caps: A new design of outlet covers that do not pose a choking hazard for children if ingested: Set of 12 for \$2

Gun locks – FREE!

If interested in purchasing any of these items, please contact Safe Kids Grand Forks at safekids@altru.org or call 701-780-1489.



Safe Kids Star



Safe Kids is proud of all our partners in the Greater Grand Forks community. There is such a commitment to protecting the children of our region.

This month we have **TWO** Safe Kids Stars who have gone above and beyond!



Safe Kids and Winship Elementary have been conducting a comprehensive intervention plan to improve the safety of students during arrival and dismissal this fall. The students and their families have helped to make Winship safer. Principal Gail Kalenze

and her staff have been an integral part of this program. One staff member, in particular, has been a Safe Kids Star - Physical Education teacher MS. BILLIE DIXON!

Ms. Dixon has incorporated pedestrian and passenger safety education into her PE curriculum. Children have been learning (and practicing!) about the use of crosswalks, where to ride in the car, the importance of seatbelts and how to be safety dropped off and picked up at Winship. Ms. Dixon has also incorporated the lessons into her classes at Wilder.

As a result, we have a huge improvement in safety at Winship. Thank you for being a "Safe Kids Star" Ms. Dixon!



Our other SAFE KIDS STAR is Lt. Grant Schiller and the patrol officers of the Grand Forks Police Department. About a year ago, Safe Kids was given an opportunity to speak with the patrol officers to discuss our ongoing pedestrian safety work at the schools. We were also able to share ways patrol officers could assist with pedestrian safety by increasing their visibility around the school. Since that time, we have seen an increasing number of patrol officers around our schools during arrival

and dismissal. Their presence serves as a great reminder to drivers to pay attention to child pedestrians and obey school zone laws. Many parents have commented on the increased visibility of the officers.

Safe Kids has also been able to contact Lt. Schiller and his staff when specific problems arise at schools such as recording of high speeds on radar signs and illegal parking. The GFPD responds very quickly to our calls.

This is a great partnership. Thank you GFPD!



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

SKGF Presents at 2nd Annual North Dakota Injury Prevention Conference



The ND Department of Health sponsored the second injury prevention conference in Bismarck October 27th and 28th. The purpose of the conference is to gather professionals who work to prevent both intentional and non-intentional injuries. This year, Safe Kids Grand Forks was asked to conduct a break-out session on our Safe Routes to School Program. Carma Hanson and Patty Olsen worked together to develop the presentation. We discussed the comprehensive and collaborative program we have in Grand Forks including the multiple

agencies that work together to provide safe pedestrian environments in Grand Forks. This includes the city of Grand Forks, the MPO, Grand Forks Public Schools, the Grand Forks Police Department, FedEx and several retailers to name a few.

We had the opportunity to discuss how our program addresses the five 'Es' of injury prevention – engineering, environment, education & encouragement, enforcement and evaluation. We were able to bring and share numerous materials that we use in the educational phase of our programs. The

presentation was well received and we were excited to share our experiences with our colleagues across the state.

Safe Kids Grand Forks and the University of North Dakota College of Nursing also had a poster presentation at the conference highlighting our collaborative efforts with SKGF, UND CON and three local child care centers. We discussed how this partnership allows Safe Kids to spread our injury prevention messages at the child care centers and allows the UND nursing students experience in working

with children ages 3-6. Bridget Thompson, UND Nursing Professor spent a considerable amount of time preparing the poster presentation and we thank her for her efforts, not only for that but for her work in coordinating this clinical experience for the students and SKGF.

We would also like to thank Diana Reed with the Department of Health for inviting us to present and Mallory Sattler, also with DOH, who organized the break-out sessions.



Grand Forks City-wide Texting Ban



Grand Forks Texting Ban

Effective October 15, 2010 it is illegal to text while operating a vehicle in the city of Grand Forks. (Some exceptions apply for things such as reporting a crime, emergency vehicles, etc). Talking on or dialing a cell phone is not included in the ban.

This ordinance was passed because texting while driving increases your chance of being in a crash by 23 times (2300%). This is as dangerous as driving a car while under the influence of alcohol.

What will happen if I am caught? The fine is \$15 and police officers are able to ticket those in violation. Safe Kids Grand Forks however does not want to focus on the ticket as much as the fact that texting and driving is **DANGEROUS**. People should avoid this behavior not because of the fear of a ticket, but in an effort to keep those in the car and others on the streets safe. So, do the right thing and put your cell phone down while in the car. You might just save a life!!

Accepting Applications for Early Head Start (0-3)



- Eligibility guidelines apply
- Hours 7:00 am - 5:30 pm
- Caring professionals with Teaching degrees
- Inclusive of children with disabilities
- Home Based option

701-777-3947/701-788-4868



Safe Kids Grand Forks would like to welcome the Early Head Start Program to Grand Forks and welcome their staff as members of our coalition. We look forward to working with them over the years. If you are in need of their services or know of clients that may qualify, please contact them at the number found above.

2011 CHECKUP EVENTS



Car Seat Check-Up Events

presented by:



in cooperation with
Rydell GM Auto Center
2700 South Washington Street

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's safety seat on a recall list? Come and we'll check. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks and Altru Health System are pleased to partner with our local GM dealer and Safe Communities to offer monthly car seat check-up events.

These are offered the 2nd Thursday of every month from 4:00-7:00 p.m.

Stop on by and make sure your children have a safe ride.

Proud Program Sponsors



2011 Dates

January 13
February 10
March 10
April 14
May 12
June 9
July 14
August 11
September 8
October 13
November 10
December 8

For more information, contact the Safe Kids Grand Forks car seat information line at 701-780-4995.



Safe Kids Grand Forks is committed to preventing the leading cause of injury and death to children: Unintentional injuries. Motor vehicle crashes are the leading unintentional cause that leads to injury and death in children and thus, a fair share of our time is spent addressing this topic. Education and hands-on assistance are key to assuring that all children are riding safely in motor vehicles. To that end, we have set up routine car seat check-up events in several communities with wonderful partnerships with people and agencies who have that same goal in mind—assuring that every child has a SAFE ride.

The schedules for 2011 are included in this newsletter for those communities that have ROUTINE events. If you are from a town that would like to establish something similar or host a one-time event, please contact Safe Kids Grand Forks and we will assist. Here are a few reminders about our car seat events:

- 4 out of 5 car seats are used incorrectly. Don't let yours be one of them—get help from a certified child passenger safety technician.
- Our check-up events are FREE and open to ANYONE.
- Each seat takes about 15-20 minutes to check. No appointments are necessary for these events.
- These events COULD NOT take place without the volunteers who serve as technicians or the agencies and/or businesses that donate their space to conduct them. Please tip your hat to them for their partnership!!



Car Seat Check-Up Events

presented by:



in cooperation with
Crookston Pontiac Buick GMC
Hwy 75 South

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's safety seat on a recall list? Come and we'll check. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with Crookston Pontiac, Buick, GMC to offer regular car seat check-up events. These are offered on the dates listed from 4:30-6:00 p.m.

Stop on by and make sure your children have a safe ride.

Crookston
Pontiac • Buick • GMC

2011 Dates

March 22

June 28

September 27

December 27

For more information,
contact Altru Clinic
Crookston at
218-281-9100.

Product Registration Reminder

Safe Kids wants to remind our readers that it is important to fill out product registration cards when items such as children's toys or baby products are purchased. This allows the company to notify the owner should there be a recall of the product due to safety concerns. Should this happen, the customer will be notified by mail and a refund, replacement parts or new product issued. So, as we approach Christmas time and gifts are opened, save those registration cards, fill them out and get them in the mail.



Car Seat Check-Up Events

presented by:



in cooperation with
Hansons Auto & Implement

110 5th Street West, Grafton, ND

4 out of 5 car seats are used wrong. Could one of them be yours? Is your child's safety seat on a recall list? Come and we'll check. Did you know that children 40-80#s should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks is pleased to partner with local Grafton child passenger safety experts and Hansons Auto & Implement to offer routine car seat check-ups. These will be offered the 1st Thursday of every other month from 4:00-6:00 p.m. at Hansons Auto Body, downtown Grafton.



Stop on by and make sure your children have a safe ride.

Proud Program Sponsors



2011 Dates

February 3

April 7

June 2

August 4

October 6

December 1

For questions, call Stacy, Valley
Ambulance & Rescue,
at (701) 352-3128.



Car Seat Check-Up Events

presented by:



Safe Communities
Coalition of the
Northern Valley

in cooperation with
**Larimore Ambulance
and Rescue Service**

420 Towner Avenue



LARIMORE AMBULANCE
AND RESCUE SERVICE

4 out of 5 car seats are used incorrectly. Could one of them be yours? Is your child's safety seat on a recall list? Come and we'll check. Did you know that children up to 4'9" should be riding in a booster seat for the safest ride?

Safe Kids Grand Forks and Altru Health System are pleased to partner with Larimore Ambulance and Rescue Service and Safe Communities Coalition of the Northern Valley to offer routine car seat check-up events.

Event times: 3 - 6 p.m.

Stop on by and make sure your children have a safe ride.

2011 Dates

February 16, 2011

May 18, 2011

August 17, 2011

November 16, 2011

For more information, contact the
Safe Kids Grand Forks car seat
information line at 701-780-4995.

East Grand Forks Parks & Recreation & SKGF Offers Annual Farm Safety Camp

When 175, 4th Graders come together for a full day of training at the VFW Arena in East Grand Forks, it can only mean be one thing: The annual EFG Farm Safety Camp!! This has become an annual event hosted by the EGF Parks and Rec. Department and Safe Kids Grand Forks. Held each September, this event brings together presenters from the community to share their knowledge and expertise to keep kids safe. While some of the topics are very farm specific (grain safety), others provide students with general knowledge on how to stay safe in a variety of settings. We tip our hats to those presenters who provided

training on the following topics:
Gun Safety - Dennis Robertson / Chris Olson (EGF Police)
Disability Awareness – John Johnson (Options)
Animal Safety – Dr. Katie Brose & Lisa Smilonich (Peterson Vet Clinic)
Water Safety – Amy McCann (GF YMCA)
Grain Safety – Safe Kids Grand Forks
Seat Belt Safety – Safe Communities/Altru Health System
Poison Safety – Safe Kids Grand Forks
Halloween Safety – Safe Kids Grand Forks
Basic First Aid – Red Cross of GF/EGF
Fire Safety - Rod Freitag / Kevin Boushee (EGF Fire Department)

Sports and Dehydration – Safe Kids Grand Forks
Handwashing/Germs – Safe Kids Grand Forks
PTO Safety – Dustin Cody/Dean Lazur (Titan Machinery)

able to conduct the variety of topics that we cover. Hats off to them and to the EGF teachers for their partnership as well.

Safe Kids would like to provide a special thank you also to the UND College of Nursing students that assisted us with these presentations. Without their time and energy, we would not be



Free or Recycled Products



Use Caution With Online Used Product Sites

As we become more and more reliant on the internet and on-line services, a wide variety of these type of sites become available. An example of an online site that is intended to give away items, or

“recycle” them is freecycle.com. This site allows people to go on-line and list products that they no longer want or need and make them available to others for free. While there is certainly merit in a system such as this, Safe Kids reminds people that obtaining used car seats is not recommended. There is no way to verify if the seat has been in a crash and is safe to



continue using. It also does not assure that there are not recalls to the seat.

As a reminder, here are the guidelines for reuse of car seats:

- Seat has never been in a crash (difficult to verify if purchased second hand).
 - The seat is not recalled (to verify, check it out at www.nhtsa.gov)
 - The seat has no broken or

missing parts.

- The seat is not expired (Usually cannot be used longer than 6 years or as per the manufacturer’s guidelines—check the labels on the seat).



Selecting Appropriate Toys for Young Children

Submitted by Safe Kids Grand Forks Member, Rae Ann Hanson—Family Services Valley Community Health Centers Dental Clinic



Play is essential for learning in children. Toys are the tools of play. Which play materials are provided and how they are used are equally important. Adults caring for young children can be reminded that toys facilitate but do not substitute for the most important aspect of nurture—warm, loving, dependable relationships. Toys should be safe, affordable and developmentally appropriate. Toys should be appealing to engage the child over a period of time.

Children learn from the time they are born, and parents are primarily responsible for providing for quality experiences from which their children learn. A young child's growth and development can be supported and enhanced through play. Toys bring parents and children together in play. Early brain development is enhanced through these relationships. Although toys should never be used as a substitute for relationships, they can enhance the interactions between parents and the child. It is important to stress that toys serve a supportive role in enhancing a child's development.

Play materials should reflect the developmental and individual needs of each child. Keep in mind the following guidelines when choosing toys for children:

- Take inventory before you shop. Look at what you already have and how often your child plays with certain toys. If your child hardly ever reaches for a certain toy, this may be a sign that it is too easy or difficult for him/her or it may not be interesting. Select toys that are appropriate for the child's age and/or skill level.
- Familiarize yourself with basic child development. Know in roughly what order skills will likely be practiced and mastered. Read the labels. Check for age appropriateness and safety recommendations. Do not assume that a bright child can safely play with a toy designed for a much older child.
- Observe your child. Look for emerging interests. If your child is interested in dinosaurs, follow that lead. Books are a wonderful, safe gift for children of all ages. If art is the interest, drawing paper and age appropriate utensils make a great gift. Think multi-dimensional.
- Beware of toys that need batteries. These are often considered one use toys: there is only one appropriate way to play with them.
- Look for toys and materials that could lend themselves to more than one function. These

types of toys often span age groups, as well as being cost effective purchases.

- Present new toys to your child and get involved in playing with them. Continue observing your child so that when it comes time to buy new toys, you will know his/her needs. If your child is old enough, ask what toy he/she would pick if they could pick just one. Make sure the child is choosing toys that have many different playing functions.
- Always consider safety when choosing toys. If you are buying a riding toy, such as a bicycle, skateboard or scooter, roller blades or skates, be sure to purchase a helmet as well. Be sure the helmet fits properly before allowing the child to use the riding toy.
- For young children who put things in their mouths, avoid marbles, or games with small balls or magnets that pose a choking or other safety hazards.
- Look for well made toys. Avoid toys that are made of brittle plastic or other material that may break and leave sharp or jagged edges.
- Stay informed about toy safety.

Some basic suggestions for individual age groups:

- **Infants**
 - Rattles and teething rings (grasping toys)
 - Stuffed toys that are lightweight and machine washable

- Books (vinyl or cloth)
 - Musical toys
 - **12 to 18 months**
 - Choose toys that open and close and have lots of knobs and dials
 - Ride on toys are fun and appropriate for children that are walking
 - Sorting toys
 - Books (vinyl, cloth and board books)
 - **18 to 24 months**
 - Blocks, puzzles
 - Push and pull toys
 - Buses and trains with plastic people they can remove
 - Books (board books)
 - Balls
 - **2 to 3 years**
 - Toys that center around pretend play. Children begin to use imagination and mimic adults.
 - Kitchen toys
 - Workshops with tools
 - Toy phones and cameras
 - Dolls and animals
 - **Preschool Age**
 - Toys that stimulate their mind and represent their interests.
 - Building-Legos, Lincoln logs
 - Drawing—variety of art supplies
 - Reading—many books
- More materials for pretend play

Sources: *Pediatrics* Vol. 111 No. 4 April 2003, pp.911-913; [ehow.com/how_454704_select_age_appropriate_toys](#); and [ehom.com/how_2134621_selct_safe_holiday_toys](#)



Child Passenger Safety



For Child Care Providers & Foster Parents

If you are a child care provider or foster parents, safe transportation of the children in your care is important. Come find out how to keep kids safe while in the car. (This class is designed to meet the MN CPS Course requirements for licensure & foster parenting.) It has been approved for 3.5 hours of credit in both ND and MN. Certificate will be provided at the completion of the class.

To register, call 701-780-1639 at least 2 weeks prior to the class.

January 8, 2011 (Saturday) from 9 – 12:30 p.m.
February 15, 2011 (Tuesday) from 6 – 9:30 p.m.
March 12, 2011 (Saturday) from 9 - 12:30 p.m.
April 19, 2011 (Tuesday) from 6 – 9:30 p.m.
May 17, 2011 (Tuesday) from 6 – 9:30 p.m.
June 11, 2011 (Saturday) from 9 – 12:30 p.m.
July 21, 2011 (Thursday) from 6 – 9:30 p.m.
August 16, 2011 (Tuesday) from 6 – 9:30 p.m.
September 10, 2011 (Saturday) from 9 – 12:30 p.m.
October 11, 2011 (Tuesday) from 6 – 9:30 p.m.
November 12, 2011 (Saturday) from 9-12:30 p.m.
December 15, 2011 (Thursday) from 6 – 9:30 p.m.

Registration cost is \$25.00 and checks should be made out to Safe Kids Grand Forks and mailed to Safe Kids Grand Forks, P.O. Box 6002 – Grand Forks, ND 58206-6002
The classes will all be held at Altru Health System – Building 1 at 860 South Columbia Road. Use Door B1-7 on the east side of the building.

We reserve the right to cancel any classes with less than 6 participants.
Participants will be notified 1 week before class if it is cancelled.

www.safekidsgf.com



As noted earlier, education regarding correct use of car seats is important to assuring a safe ride. Car seats can be confusing and thus, we provide two routine classes for the following intended audiences:

1. Foster parents or child care centers—large center or home based: Child Passenger Safety For Child Care Providers
2. New or Expectant Parents: Child Passenger Safety Made Simple

At the time of this printing, we do not have the 2011 flyers ready for the CPS Made Simple Class. This is because we are thrilled to announce that in 2011, we will offer TWO classes per month. The first class will remain on the 1st Thursday of each month from 4:30—6 p.m. at Altru Health System (Building 1—at 860 South Columbia Road). The second class will be held on the second Thursday from 6 –7:30 p.m. at Rydell GM Auto Center in Grand Forks. The first hour of this class will be held in the conference room at Rydell's at 2700 South Washington Street and then the installation of seats will take place inside the Service Area of the dealership following the routine car seat check. Registration for all these classes is vital so we can plan accordingly. Watch our Safe Kids Grand Forks web site at www.safekidsgf.com for the posting of the CPS Made Simple Class flyer to be finalized soon.



Don't "Thump Your Melon" This Winter!!



Protect yourself from a serious head injury this season!
Wear a helmet when you are skiing, sledding or snowboarding.
There are special helmets made just for these sports.

Safe Kids Grand Forks is now taking orders for ski/snowboard helmets available at a greatly reduced price.



Ski/snowboard helmets are available in five colors and cost \$22.



Safe Kids Grand Forks also has Inmold ski/snowboarding helmets available. These helmets have built in speakers in the earflaps for use with your iPod or MP3 player. Please note, the inmold helmets are available in one size only - small/medium.

Inmold ski/snowboarding helmets are available in two colors and cost \$35



To order your ski/snowboarding helmet, e-mail polsen@altru.org with the following information: style, color and head circumference (measure just above the eyebrows). We have a small number of helmets in stock; however, orders do need to be placed by Friday, December 5th to ensure arrival before Christmas. We will have another opportunity to order in January.



Safe Kids Office Hours

Safe Kids Grand Forks is based at Altru Health System on Medical Park. Our office is located in Building 1 at 860 South Columbia Road and the best door to enter to access the office is B1-7 (far east side of the building by the large Safe Kids sign). We are here to serve the public but it is important to know that we have limited office hours.

The Coordinator, Carma Hanson is hired for 24 hours per week, Patty Olsen, the Wheeled Sports and Pedestrian Safety Coordinator has variable hours and spends a great deal of time in the community and Sandy Schuster, Safe Kids Secretary is here just one day per week. To better access us and assure that we are here to serve you, please contact us ahead of time to set up an appointment for service (i.e. car seat assistance, purchasing safety supplies, helmet fittings, etc.)

Our contact information is as follows:

Carma Hanson – chanson@altru.org, 701-780-1489 or call 701-780-5000 and ask for pager 1389

Patty Olsen – polsen@altru.org at call 701-780-1856

Sandy Schuster – sschuster@altru.org or call 701-780-1639

Together, we can help keep the kids of this community and region safer!!

International Walk to School Day

This year, Safe Kid Grand Forks focused our energies for IWTSD on two schools currently involved in pedestrian safety improvements – Phoenix Elementary and Winship Elementary.

During dismissal on Tuesday, October 5th, Safe Kids and **Phoenix Elementary** celebrated the installation of “your speed” radar signs on 4th Avenue South. These signs were funded by a grant from Safe Kids Worldwide and FedEx. Darryl Tunseth, Phoenix principal, and his staff report that the signs have helped to slow traffic around the school! As part of the

celebration, we were able to have volunteers from the community distribute coupons and other incentive items to students as they walked home and were “Caught in the Crosswalk” (being safe).

In addition, we celebrated the inauguration of the “Walking School Bus” with the staff and students from the LaGrave Learning Center. A “walking school bus” is an adult-supervised group of students walking to and from school. Currently, about 6 – 7 Phoenix students walk home with LaGrave Center

staff on a daily basis. This provides an opportunity for students to learn safe pedestrian behaviors, get some exercise and to decrease vehicle congestion around the school.

On hand to carry out activities on IWTSD were the following:

Troy Gerber – FedEx Grand Forks and 2 additional employees
Eliot Glasheim – Ward 3 council member
Two Grand Forks police officers
Phoenix Staff
Kayla Erickson and staff

from LaGrave Learning Center

Big thanks also goes to **Taco John’s** for supplying coupons for the “Caught in the Crosswalk” events. Safe Kids is fortunate to have so many partners in the community committed to the safety of our children.



Proud Program Sponsor



School Safety Committee

Beginning in August of this year, Gail Kalenze (school principal), Winship staff and Safe Kids have been conducting an intensive intervention program to improve the safety of students during arrival and dismissal of school.

Activities over the last two months have included observations, multiple, hands-on education activities for parents and students, incentive activities and the presence of law enforcement.

These activities have been funded, in part, by a School

Safety Committee grant funded by Safe Kids Worldwide and FedEx.

We have seen the following improvements at Winship:

- More kids using crosswalks when walking to school or been dropped off across from the school.
- An increase in kids getting dropped off on the curb-side of the street.
- More kids buckling up in the back of vehicles.

Much of the education of the students was completed in physical education class with **Ms. Billie Dixon**. Ms

Dixon has been working with the students at Winship and Wilder to teach safe pedestrian behaviors, proper places to ride in the car and the safe way to exit/enter a vehicle.

On **Wednesday, October 6th**, Safe Kids, FedEx, and Winship staff celebrated these improvements by handing out Taco John’s coupons, bookmarks, reflective items and educational materials to students. On hand that day were:

Troy Gerber – FedEx Grand Forks and another

FedEx employee

Tyrone Grandstrand – Ward 2 council member

Winship Staff



Second Impact Syndrome



As physicians, we are often asked when evaluating a school-aged athlete post-concussion why they cannot return to play sooner than recommended. One very important reason is second-impact syndrome. This can happen when a second concussion occurs before symptoms of a previous concussion resolve. In second impact-syndrome, this second concussion results in rapid swelling of the brain. Although second-

impact syndrome is rare, the results are catastrophic, resulting in death or permanent disability in each case.

How do we avoid second-impact syndrome?

1. First, we need school-aged athletes to feel comfortable reporting concussion symptoms. They need to know that they will not be pressured to return to play or made to feel guilty if they have

concussion symptoms and cannot play.

2. Appropriate evaluation of the athlete should be performed prior to return to play. This should be done by someone familiar with signs of a concussion and who is able to test for mild lasting effects of a concussion.

3. It is important that we require our athletes to follow medical advice regarding return to play. This often involves missing some playing

and practice time, even after they are symptom free.

By following the above guidelines, we can all help our young athletes to stay safe and avoid lifelong consequences of concussions.

This information is provided by Dr. Susan Zelewski, She is a Pediatrician with Altru Clinic and a member of Safe Kids Grand Forks.



MORE INTERNATIONAL WALK TO SCHOOL DAY EVENTS!

West Elementary School
West Elementary staff and student council members conducted their own "Walk this Way" events. Student council members greeted fellow students at the crosswalks, distributing incentive items and educational materials. Some council members walked on school property carrying signs reinforcing safety messages for drivers. Congratulations to principal Ali Parkinson, the West staff and students on a job well done!



Ben Franklin and Lewis & Clark Elementary

Ben Franklin and Lewis & Clark run excellent "Walk to Win" programs, an Altru-sponsored fitness program. This year, the schools set up a friendly competition – which school could get a greater percentage of miles per student? In order to encourage fitness even more, the PE teachers gave students mileage credit for walking to and from school! Lewis & Clark even gave Students credit for walking from Elk's Pool parking lot, thus decreasing congestion immediately around the school.

On IWTS the PE teachers, Mr. Davis and Mr. Krefting celebrated their "Walk to Win" programs by encouraging even more students to walk to school. The schools had students on hand to distribute materials and increase the safety awareness of drivers in the area. We are anxious to determine the "winner" of "Walk to Win"!

A BIG THANKS TO BEN FRANKLIN AND LEWIS & CLARK FOR ENCOURAGING HEALTHY AND SAFE BEHAVIORS!

ANOTHER BIG THANKS TO MELISSA SWENSON, ALTRU'S "WALK TO WIN" COORDINATOR FOR TEAMING UP WITH SAFE KIDS!

New AAA Website Offers One-of-a-Kind Resources to Empower Parents, Teen Drivers

AAA North Dakota empowers parents to get involved with their teens' learning-to-drive process with the launch of its new teen driver safety website, TeenDriving.AAA.com.

The interactive site helps parents and teens manage the complex coming-of-age process by providing users with specific information based on where they live and where they are in the learning process – from preparing to drive (pre-permit) through the learner's permit and solo driving.

"Parental involvement is critical in developing safe and prepared teen drivers," said Gene LaDoucer, AAA North Dakota spokesman "AAA recognizes the learning-to-drive process can be intimidating,

particularly for today's busy families. TeenDriving.AAA.com is a unique and comprehensive teen driver safety website that simplifies the process by offering parents the tools and resources they need as they progress through each stage of the process. This makes what can be a daunting task for parents and teens much easier to manage."

The site features AAA StartSmart, a series of online newsletters and webisodes based on the National Institutes of Health's Checkpoints program, which has been scientifically shown to help parents improve teen driver safety and is being offered nationally for the first time. Some of the topics covered in AAA StartSmart's 18 newsletters and webisodes include:

Nighttime driving;
Distracted driving;
Alcohol and other drugs;
and Parent-teen driving agreements.

The site also offers an online version of AAA's Dare to Prepare workshop and lessons from the motor club's Teaching Your Teens to Drive coaching program, both of which assist families that are or soon will be learning to drive.

Parents will find information about the North Dakota driver licensing system, selecting a driving school and choosing the right vehicle for their teens. Parents will also learn more about some of the common risks associated with teen drivers.

Motor vehicle crashes are the leading cause of death

for teens, killing nearly 6,000 teens annually. In North Dakota, from 2001 to 2008, 157 teens lost their lives in motor vehicles crashes. Through safety programs, driver training and legislative efforts, AAA is an active leader in helping to reduce the number of teens injured and killed in vehicle crashes.

"For years, AAA has been a leader in the area of teen driver safety through our legislative advocacy work to establish and improve graduated driver licensing systems across the country," LaDoucer said. "Our educational, programmatic and public outreach efforts have also engaged and supported parents and teens through each step of the learning-to-drive process. TeenDriving.AAA.com represents another large step – putting these resources online where parents nationwide can access them."

This article submitted by Gene LaDoucer, AAA North Dakota. We are proud to have Gene and AAA ND a part of our coalition.

PARENTS: Get Your Teen Up to Speed with TeenDriving.AAA.com



Your Single Best Resource Before, During and After Teens Learn to Drive

AAA's new website provides extensive, state-specific information and useful tools to help you guide your teen through the learning-to-drive process.

Here's What You'll Find:

- Information on your state's graduated driver licensing stages
- Online information detailing your state's licensing process
- A downloadable Parent-Teen Driving Agreement
- Tips on guiding your teen against driving while distracted
- Considerations for choosing the right car for your teen



Stay involved as your teen learns to drive at TeenDriving.AAA.com

Safety on Wheels



Safe Kids and the Optimist Club teamed up again this fall for the head injury presentations/bike helmet sales and the bike rodeos for third grade students. All eleven GF public elementary schools participated. Safe Kids spoke to over 500 third grade students about the importance of protecting

one's head when engaged in wheeled sports activities (bike riding, in-line skating, skate boarding, etc). Bike and multi-sport helmets were offered for sale at a reduced price to all K- 5 students. Children who already owned helmets were also able to bring them in to have the helmets checked for

proper fit. This fall, Safe Kids sold and fitted over 160 helmets! **SAFE KIDS OFFERS A HUGE THANKS TO DAWNITA NILLES FOR HER DEDICATION TO THIS PROGRAM AND TO THE UND NURSING STUDENTS WHO VOLUNTEERED!**

Following our presentations, the Optimist Club conducted the bike rodeos at all the schools for the third grade students. Tim Goetz and his fellow club members once again demonstrated their commitment to this great partnership. THANKS!

Pedestrian Safety

Safe Kids Grand Forks was also able to bring our "Getting to School Safely" message to several schools this fall. The presentations focus on teaching students safe behaviors for getting to school whether it is by school

bus, family car, bicycle or by walking. Each presentation is customized to the school with pictures of safe places to cross, danger areas and safe practices for riding in vehicles. This year Ben Franklin, Century, Lewis &

Clark, Phoenix and West Schools were able to participate. Thank you to the principals and staff of these schools for making time in their busy schedules to reinforce safety!



Words of Thanks



September 30, 2010

Dear Patty, Dawnita, and Safe Kids,

Thank you for coming to our school to teach us about the importance of helmet safety. We enjoyed watching the movie about bicycle and helmet safety. It was great to have the opportunity to buy helmets to keep our brains safe while we ride our bikes. We love our new helmets. Thanks again for coming and teaching us so much.



Sincerely,
The Third Graders
from Lewis & Clark



Rita
Jayden
LaKiya
Mrs. Whalen
Nick D.
Lydia
serena
Zachary
Andrew
Brett
Kaleb
Brennan
NICK H
Kaden
Madison
Dikcha
BRAYDON
MICKY
Ms. Carlson
Abb.
Gabriela
Jerrilyn
Chelsa
Alexis
Jameson
Brett P
Mattisek
Luke
COURTNEY
TIER

Watch for more details in our next newsletter regarding our 2010 Marine Corps Marathon that Julie Jeske ran on 10-31 to raise money and raise awareness about Safe Kids Grand Forks. We are proud of Julie and all our supporters who donated to our goal of raising \$10,000. We are almost there and there is still some time to long on and donate on-line. Donations in ANY amount help us in our efforts to prevent unintentional injuries to children. To donate, log on to www.safekids.org/marathon Click on find a team and enter Grand Forks.

On behalf of Julie and Safe Kids Grand Forks, we thank you in ad-

Stay informed about car seat recalls

Your car seat is a critical piece of safety equipment. Beyond always using a car seat and making sure it's installed properly, it is crucial that families stay informed of recalls and other safety issues to ensure optimal crash protection. Use the following steps to stay informed:

Fill out and mail the registration card that comes with new car seats. This is the only way a manufacturer can reach consumers in the event of a recall.

Use a car seat less than six years old that hasn't been recalled or in a crash.

Review the list of recalls at the National Highway and Traffic Safety Administration's (NHTSA) website (www.nhtsa.gov) and **sign up to receive safety notifications** at www.safercar.gov.

Report any problems or defects on NHTSA's website – you can help protect others!

Sarah Chusid
Program Director
Kids In Danger

Kids In Danger is a nonprofit organization dedicated to protecting children by improving children's product safety. Learn more at www.KidsInDanger.org.



Safe Kids Grand Forks Trains New American Refugees

Imagine living most of your life in a refugee camp with none of the basic amenities we think of in our home. Many of the New Americans coming to the United States are settling here in Grand Forks. Every few months, a new host of families arrive and are assisted with their living arrangements by the New American Services. Tara Dupper is the new coordinator for this agency and is tasked with helping the refugees make a smooth transition to life here in the United States. After Tara joined the New American Services Program recently, Safe Kids Grand Forks sat down with her to discuss a program previously carried out by our coalition to assist in this process. Several of the Safe Kids volunteers offered to share their expertise with the refugees from various countries.

In August, Safe Kids conducted a Home Safety Training for nearly 30 refugees at Sharon Lutheran Church. (A special thanks to Sharon for hosting our event!!) Each country represented (Bhutan, Ethiopia, Iraq and Somalia) provided their own translator to assist in the dissemination of information. Topics covered included: home safety, fire safety, basic emergency training, poison safety, pedestrian safety and wheeled sports safety. Each of the attendees were provided with a free bike helmet following the training.

The hope of Safe Kids Grand Forks is to assist these new friends and neighbors with their transition to our community and to our living conditions. While many of us take simple life saving skills, such as fire escape planning or keeping poisons out of reach of children for granted, these are skills that we need to share with those who have lived a very different lifestyle. With that, we say “From Safe Kids Grand Forks, welcome to the United States and to Grand Fork, ND. We are your friends in safety!!”

