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## Back-to-School Safety



As the summer winds down and children prepare to head back to school, Safe Kids Grand Forks offers these safety tips to keep children safe whether they are walking, biking, taking a bus or getting there by car. As a community, drivers play a huge part in keeping the roads safe for eager kids headed back to school.

### Pedestrian Safety:

- Cross streets only at corners and in crosswalks. Do not cross until the light is in your favor.
- Look left, look right, and left again before stepping into the street. Also make sure to keep looking left and right as you cross.
- When stepping out in front of traffic, assure that the tires of the car have stopped moving and you have made eye contact with the driver.
- Wear light colored clothing or a reflective devise if walking in low light conditions. Carrying a flashlight is also a good idea if it is getting dark.

- Never run across the street. This decreases the chance that a driver will see you. If you have to run to get across, the car is too close.
- Walk facing traffic and as far to the left as possible when sidewalks are not available.
- Provide children under age 10 supervision while walking and crossing streets. They also require supervision while playing, especially near a street or the driveway.
- Always model safety behaviors to children.
- Remind children to NEVER walk out into the street between two parked cars.

### School Bus Safety:

- When the bus approaches, stand at least 3 giant steps (6 feet) away from the curb.
- Wait until the bus stops, the door opens and the driver says it is okay to get on.

- If you have to cross the street in front of a bus, walk in a crosswalk and be sure the driver sees you and you can see the driver.
- Get to the bus stop about 5 minutes early so you are not in a hurry.
- Use the handrails to avoid falls. When exiting the bus, be careful that clothing with drawstrings and book bags with straps don't get caught in the handrails or doors.
- Stay seated at all times when on the bus.

Back to school safety continued on page 2



# Back-to-School Safety— continued from page 1

## Vehicle reminders for drivers:

- When backing out of a driveway or leaving a garage, watch out for children walking or bicycling to school.
- When driving in neighborhoods with school zones, watch out for young people who may be thinking about getting to school, but may not be thinking of getting there safely.
- Slow down. Watch for children walking in the street, especially if there are no sidewalks in the neighborhood.
- Be alert. Watch for children playing and congregating near bus stops. Children arriving late for the bus may dart into the street without looking for traffic.

- Learn to obey the school bus laws in the community. Obey the flashing signal light system.
- Be aware of crosswalks on the street and be sure to not stop IN the crosswalk but well before it.
- If you don't have to drop children off at school, consider taking a route to work that avoids school areas so there is less congestion in those areas.
- The bicycle must have a permanent seat and the driver must sit on that seat when they are driving.
- A bicycle should not carry more people than it was designed for, such as on handlebars, pegs or rear fenders.
- Bicycles have all the rights of a vehicle on the roadway and must obey the laws for vehicles. Use bike paths when available.

## Bike Safety:

- The most important bike safety tip is to WEAR A HELMET at all times. Bike helmets are 85% effective in preventing head injuries that can injury or kill someone. Get a helmet that fits correctly and wear it on each and every ride.
- A bicycle must be equipped with a reflector and a lighted headlamp for riding after dark.
- Never hang onto a car or let someone tow the bike and rider with a car.
- When driving on the roadway, stay as far to the right hand side of the road as possible, but watch out for parked cars and for cars going the same direction as you on the roadway. Pass carefully.
- When driving a bicycle, don't carry anything in your hands or on the

bicycle that will prevent you from keeping at least one hand on the handlebars.

- Use proper hand signals when turning or stopping.

*These important **Back-To-School Safety Tips** are provided by **Safe Kids Grand Forks**. **Altru Health System** is proud to serve as the lead agency for Safe Kids Grand Forks. For more information on these or other childhood safety topics, contact Carma Hanson, Safe Kids Coordinator at or [safekids@altru.org](mailto:safekids@altru.org)*



## Fall "Back" Into Safety!

Safe Kids wants to help you fall back into safety this season!  
Keep the children in your life safe by making sure they are 'back' where they belong!

1.

Infants and toddlers are safest riding rear-facing until age 2 or until they reach the maximum weight/height limit of the car seat.

- A car seat helps distribute crash forces over a wide area of body.
- The back of a rear-facing car seat absorbs crash forces protecting the infant's spine and neck from injuries.

2.

Children are safest riding in the back seat until they are 13 years.

- Head-on collisions are the most common.
- An airbag, dash, and windshield are dangerous for children.
- Children have more tendencies to lean forward in the front seat.

3.

Children are safest using a booster seat until they are 80lb and 4'9".

- Seat belts are designed for adults.
- A booster seat will allow the lap and shoulder belt to fit properly.

North Dakota law states children must use a car seat or booster seat until at least age 7.

Minnesota law states children must use a car seat or booster seat until at least age 8 or 4'9".

For more safety information, log on to [www.safekids.org](http://www.safekids.org).



# JOIN OUR TEAM! JOIN SIOUX KIDS CLUB!



Membership is available  
to all kids ages 3-14\*  
For just \$25 you will receive:

- FREE admission to all home games for volleyball, women's hockey, men's and women's basketball and football!
- FREE admission to one men's hockey home game
- Official Sioux Kids Club T-shirt and membership card
- Opportunity to interact with Fighting Sioux coaches and student-athletes at exclusive Sioux Kids Club events
- Opportunity to be Sioux Kids Club Captain of the Game



\*All members must be in eighth grade or younger.

**REGISTER TODAY!**

Register in person during normal business hours at First State Bank, the Sioux Shop at Ralph Engelstad Arena or online at [www.fightingsioux.com](http://www.fightingsioux.com).

Safe Kids Grand Forks is proud to partner with the Ralph Engelstad Arena and the Betty Engelstad Sioux Center to spread our childhood safety messages. We are proud to encourage your kids' involvement in the Sioux Kids Club. Check out this edition for more details on upcoming events where kids will have a chance to "Meet the Sioux" and learn about Halloween safety. Thanks REA and BESC for being a great partner in childhood injury prevention!!

**FS First State Bank**  
a FDIC

**Midcontinent**  
COMMERCIAL BANK



**"Hey Kids. . . . Get on the bus!!  
No, not the driving school bus but the  
Walking School Bus."**

The LaGrave Walking School Bus will leave from Door 4 of Phoenix Elementary each day at 3:05 p.m. and will head to LaGrave Learning Center (beginning September 7). Come walk with us as a group with an adult crossing guard in attendance. Walking is a great way to stay fit and get to and from school.

We hope you will join us and "get on the bus"!!

Initiated by LaGrave Learning Center, Phoenix Elementary and Safe Kids Grand Forks



Safe Kids Grand Forks is pleased to pilot a **Walking School Bus** program at Phoenix Elementary in conjunction with LaGrave Learning Center. This program will encourage kids to walk to and from school, increase their physical activity and provide the peace of mind that an adult crossing guard is in attendance to assure the kids are being safe pedestrians.





# Safe Kids Star



Fall is in the air and that means back-to-school time. Not only is Safe Kids Grand Forks busy with presentations at all the local elementary school about getting children to and from school safely, whether they walk, bike, come by car or ride on the bus, we have other things going on in the schools as well. The 3rd Grade Safety on Wheels head injury presentation and bike helmet distributions are also taking place at all local public elementary schools. This makes for a busy time of year for this quarter's Safe Kids Star—Patty Olsen. Patty joined Safe Kids Grand



Forks as a volunteer several years ago when she was a stay-at-home mom, interested in kids' safety. In the past few years, she has worked as our Wheeled Sports and Pedestrian Safety Coordinator thanks to funding from a Safe Routes to School grant. Thanks to Patty and this funding, great things have been done in and around the Grand

Forks schools as it relates to getting kids to and from school. Not only is Patty involved in pedestrian and wheeled sports safety, she is an active car seat technician and involved in our sports safety work as well. For all her efforts in these areas and for contributing in BIG ways around the Safe

Kids Grand Forks office, we tip our hat to Patty and thank her for a job well done.

While there is some paid time spent here, many volunteer hours and lots of personal passion goes into Patty's "work". Many thanks for your efforts!!

Photo shows Patty Olsen fitting a helmet at the Northwood, ND car seat check-up event and bike helmet distribution held there in July. Pictured also is Hunter Twete, nephew of Safe Kids Grand Forks Coordinator, Carma Hanson (Handsome young man!!!) To contact Patty, call 701-780-1856 or e-mail her at pol-

## Contact Us!

*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)*



Motorized scooters such as the one shown in this local ad are illegal for kids to drive in the city of Grand Forks unless they are a licensed driver. So, check before you buy!!!!



# Safe at Home Alone



As school resumes and more and more children are coming home to an empty house afterwards, it is important that we provide information to keep kids safe while they are home unattended.

There are several important considerations when deciding if a child is old enough to spend time alone. Some of them include:

- What is the child's

maturity level? Do they understand rules of the home and have a good sense of situational awareness?

- How readily available will an adult be to the child? Is this person a neighbor that you trust or would the parent have to drive home in the case of needing help?
- Are there other children that will be in the home?
- Does the child know how to respond in the case of an emergency?
- Are there any medical conditions or behavioral issues

that would prevent the child from being safe at home alone?

In North Dakota, there are guidelines for the supervision of children that have been put out by the North Dakota Department of Human Services. A complete copy of these guidelines can be found in our Safe At Home Alone book at [www.safekidsqf.com](http://www.safekidsqf.com).

This book has a parent pull out section in the middle and also provides pages of activities and education for the parent and child to review prior to making this decision to be alone. It includes simple snack ideas that

don't involve a stove, how to answer the phone or the door, what to do in emergencies, a fire escape planning guide, weather related information and basic first aid. Check it out and make sure your decision to leave children home alone is a safe and sound one.



## Shop for a Cause

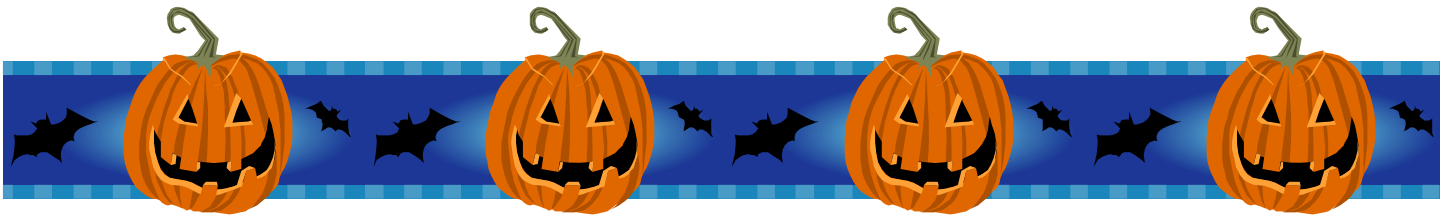
### Safe Kids Grand Forks Chosen as Participant in Macy's Shop For A Cause Event

Macy's is well known for giving back to the communities in which they exist and our local store is no exception. On Saturday, October 16<sup>th</sup> shoppers will have the opportunity to purchase for \$5.00 a coupon that will entitle them to lots of savings

on their shopping experience. The coupon can be used all day and is good for 20% off all sales (10% in some departments), clearance and regular priced items in many departments. It also gives shoppers 25% off any single item of any price. Besides all the savings, coupon holders will be able to enter a drawing for a \$500 gift card. The \$5.00 cost to purchase the coupon is kept by Safe Kids Grand Forks and so we hope you will support our work by buying a coupon and then shopping to your heart's content. To purchase a coupon, e-mail [chanson@altru.org](mailto:chanson@altru.org)



  
**SHOP  
FOR A  
CAUSE**



# Halloween Safety

## General Halloween Safety Tips:

- Accompany children under age 12 while trick-or-treating.
- Consider attending an indoor trick-or-treating event or hosting your own celebration so children do not need to be out on the streets in low, light conditions.
- Children do not have the cognitive ability to make decisions about crossing the street with on-coming traffic until they are 10 years old. Children less than this age should not be left to make decisions about street crossings.
- Instruct children to travel in familiar neighborhoods and along designated routes.
- Instruct children to never enter a home/apartment unless accompanied by an adult.
- Set a time for children to return home.
- Restrict trick-or-treating to only homes that have porch lights illuminated.
- 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 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.

## Pedestrian and Motorists Safety Tips:

- Decorate costumes with retroreflective 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.
- If a vehicle is approaching, make sure the driver sees the child by making eye contact with them. Also watch that the wheels on the vehicle have stopped moving.
- Remember to cross the street only at intersections and crosswalks.
- Look left, right, and left again before crossing & while crossing.
- Never let children dart into the street between parked cars.





# Safe Kids and UND Team Up to Promote Halloween Safety

The University of North Dakota is just as inspired to keep the kids of our community safe as our other partners in injury prevention. They provide us with an opportunity to reach hundreds of children that participate in their events. This year is no exception and we were excited to get a call from them again to partner on Halloween safety. Many thanks to UND and our Halloween safety national sponsor, FedEx, we will be spreading our Halloween safety message in the following ways:

**Halloween Hoops:** Come out and meet the Men's and Women's Basketball teams and trick-or-treat at the same time. The event will take place on Thursday – October 28 at the Betty Engelstad Sioux Center. Doors open at 5:30 and the fun starts at 6:00 p.m. Kids will be provided with reflective Halloween treat bags and safety tips by Safe Kids and FedEx and will get the chance to trick-or-treat, have autographs signed, meet the teams and much, much more.



**Halloween Safety Tailgating:** On Saturday, October 30<sup>th</sup>, Safe Kids will be in the tailgating area of the Alerus Center prior to the UND Football Game (look for the Safe Kids Grand Forks van and a FedEx delivery truck). Exact start time has not been confirmed yet but check our web site ([www.safekidsgf.com](http://www.safekidsgf.com)), watch for details from UND or become our friend on Facebook for updates on this event. We will have hot dogs, chips and drinks along with some Halloween fun. Get your reflective zipper pulls and Halloween treat bags here as well. We will also have a table display inside the Alerus Center so stop by and visit us before the game or at half time.

**Hockey at Halloween:** UND hockey brings lots of attendees to the game and on October 29<sup>th</sup> and 30<sup>th</sup>, Safe Kids Grand Forks and FedEx will have table top displays and Halloween give-aways in the Kids' Zone and Customer Service area of the Ralph Engelstad Arena. Stop by and check us out before the game and between periods as you watch the UND hockey team challenge the Denver Pioneers.

With all these events and ways to get your Halloween safety gear, we hope that this Halloween will be safe and fun!!



Many thanks to UND and FedEx for their wonderful partnership on these events to keep kids safe!!!

Proud Program Sponsor



# International Walk to School Day

Proud Program Sponsor



This year marks the 11-year anniversary of the Safe Kids Walk this Way pedestrian safety program and the partnership with program sponsor FedEx. Volunteers from Safe Kids Grand Forks and FedEx will work with children and the participating schools to reinforce safe crossing behaviors as the children walk to and from school.

In addition, Safe Kids Grand Forks will be highlighting two projects at

specific schools:

1. In January 2010 Safe Kids Grand Forks and **Phoenix Elementary** were awarded a FedEx Environmental Task Force Grant to improve pedestrian safety at this school. The grant dollars were used to purchase and install “your speed” radar signs on 4th Av. South. Since the installation of the signs Scott Johnson, principal at Lewis & Clark, has received many positive responses to

the installation of the signs and observed increased awareness of school speed limits. We will be “unveiling” these signs on October 6th.

2. On July 2010, Safe Kids Grand Forks and **Winship Elementary** were awarded a second School Safety Committee grant for \$3,500. These grant dollars will be used to continue the safety committee and improve pedestrian safety issues at this school.

For more information on back-to-school or pedestrian safety, visit [www.safekidsgf.com](http://www.safekidsgf.com).

*For more information about Walk to School Day, contact Patty Olsen, Safe Kids Grand Forks, 701-780-1856.*



## Safe Kids and Walk To Win

For many years, Altru Health System has sponsored a program in the local elementary schools whereby students are encouraged to walk a set amount of hours during the duration of the program (September – December). If the goal is met, the school receives a check for \$250 to be used as the school wishes. This program is designed to increase physical activity among children and reduced childhood obesity. Melissa Swenson, the Walk To Win Coordinator

at Altru notes that there are currently 23 area schools participating in this program and last year, all of the schools met their mileage goals. This year, the miles will be increased from 12 miles per student to 20 miles per student. Walking done by parents and siblings counts towards the goal as well and many schools have found creative ways to help kids reach their mileage goal (i.e. walking as a group before school starts, classroom competitions, etc.).

This year, Safe Kids Grand Forks, whose lead agency is Altru Health System, has joined in this effort. Our goal is to not only increase physical activity but to teach safety for those walking. Safe Kids Grand Forks will work with two pilot schools to “up the stakes” and award extra points for those children that walk to and from school and to host a school-to-school challenge. They will also provide each of the participating schools with safety tips for the gym

teacher to focus on each week. These tips can be shared in class, via the school newsletter, on bulletin boards or with the morning announcements. Walking is a lifelong activity in which people can increase their physical activity without needing others for a “team”, for a very low cost and it can be done almost anywhere. Ready, set, WALK (safely) TO WIN!!





# Play a Role in your Child's Sports Season

Running from soccer practice to football games to hockey tournaments, we know that it can sometimes be hard to keep track of the sporting lives of your kids. Imagine there are 30 million children participating in sports each year. That's quite a commitment from you as parents. However, we are going to ask you to do one more thing - learn how to keep your athletes injury-free so they can *stay in the game*.

## What You Need to Know

**FIRST THINGS FIRST:** Every child should receive a pre-participation physical evaluation (PPE) every year. These exams help with the prevention and treatment of any underlying conditions the young athlete may have.

**Action:** Parents, talk to your child's doctor and ask them to perform the full Pre-Participation Evaluation. You can download a copy of the exam at [www.safekids.org](http://www.safekids.org)

**BEFORE PRACTICE, PLAY OR COMPETITION:** Warming up and stretching before play is essential. This helps athletes avoid injuries such as muscle tears or sprains by stretching and releasing any muscle tension.  
**Action:** Make sure there

is time set aside before every practice and game to warm up. This could mean a light run, jogging in place or anything that brings the athletes' heart rate up gradually. Instruct the kids on how to stretch muscles and holding for 10-15 seconds.

**HYDRATION:** Hydrating well before, during and after practices and games is a must.



**Action:** Make sure your athlete drinks about 12 ounces of fluid 30 minutes before activity begins; at least 10 gulps every 20 minutes of play and every 20 minutes during the first hour after the activity to make up for fluid loss.

**GEAR:** Wearing the appropriate and properly fitted sports equipment can help avoid minor and serious injuries such as concussions.



**Action:** Make sure your athlete has the proper equipment to perform at his or her best—this may include helmets, shin guards, ankle braces,

shoes with rubber cleats, and sunscreen with SPF 15 or higher.

**QUALIFIED COACHING:** Become properly trained and learn the sport-specific techniques that can prevent injury or illness that can occur.

**Action:** Establish safety guidelines that athletes, parents and coaches will follow such as PPE requirements, hydration breaks and ways to prevent or detect concussions and overuse injuries.

**SUPPORTIVE PARENTING:** Learn how you can help your child

stay injury-free and optimally healthy.

**Action:** Make sure the child receives a PPE by their doctor, encourage hydration before and after the game and learning about the signs and symptoms of a concussion are just a few critical action steps you can take.

As fall begins and the new sports seasons take action, be prepared for a fun and safe competition. For more information, visit [www.safekids.org](http://www.safekids.org) to download more information as well as to take the sports safety pledge. Check it out and Get In the Game!!

## Car Seat Check-Up Events

September 28	Crookston
October 7	Grafton
October 14	Grand Forks
November 11	Grand Forks
November 17	Larimore
December 2	Grafton
December 9	Grand Forks

Car Seat Check-Up Events in Grand Forks and Grafton are held from 4-7 pm. Larimore events are from 3-6 pm and Crookston events are from 4:30—6 p.m.

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

# Keeping Children with Special Needs Safe in the Home

Safe Kids and the MetLife Foundation have partnered to bring you a series of safety videos highlighting how you can take precautions in the home to help prevent injuries to children with physical, developmental or cognitive disabilities. The series profiles three families, all of whom have a child with a

different special need. The focus of the videos includes fire and burn prevention, drowning, choking and falls prevention. It will help viewers learn safety guidelines and step-by-step instructions geared towards making safety improvements in the home. To view these videos, log on to

[www.safekids.org](http://www.safekids.org) and click on the Home Safety For Children With Special Needs link found on the right hand side of the web page.

The videos were produced by Team with a grant from the MetLife Foundation.



The MetLife logo, featuring the word "MetLife" in a bold, blue, sans-serif font with a reflection effect underneath.

## Grand Forks City Council Passes Texting Ban

The Grand Forks City Council has passed a texting ban ordinance that will make it illegal to text and drive in the city of Grand Forks. This ban includes not only texting but accessing the internet as well. It DOES NOT include dialing a phone. The fine is \$15 and the law takes effect on October 15th. Grand Forks is the first city in the state to pass a law of this type.

Safe Kids Grand Forks advocated heavily for this ordinance and testified before the full City Council and the Service Safety Committee several times. Texting while driving increases the chance that someone will be in a crash 23 times (not 23% but 23 times or 2300%). This behavior is the equivalent of drinking while over the legal limit of 0.08 blood alcohol level.

We applaud the members of the City Council that supported this ordinance (6-1 vote!!) to make our city a safer place not only for those driving but others on the road in cars, bikes or walking.



Safe Kids Grand Forks was once again chosen as one of 20 coalitions in the country to participate in the Marine Corps Marathon to raise money for our coalition. Last year, Julie Jeske ran the 26.2 miles on our behalf and we raised over \$10,000 for our coalition to use on injury prevention efforts. To donate or learn more about how you can help Safe Kids Grand Forks, contact Safe Kids at [safekids@altru.org](mailto:safekids@altru.org) or log on to our donation site at: [www.safekids.org/marathon](http://www.safekids.org/marathon)

- Click on donate to a team
- Search for Safe Kids Grand Forks

Help us to raise money so we can continue our work of keeping kids safe from the number one killer of children—unintentional injuries!!

**Go Team Grand Forks/Julie!!!**

# CANDLE SAFETY

## SAFETY TIPS WHEN USING OPEN-FLAME CANDLES

Candles start more than 15,000 home fires each year. When you use open flame candles, follow these tips:

- Keep candles at least 12 inches from anything that can burn
- Keep children away from burning candles. Use caution when pets are around as well.
- Always snuff out candles when you leave a room and be careful not to splatter wax.
- Use sturdy candleholders.
- Keep candles with flames away from decorative greenery/ribbons, etc. that may catch on fire.
- Always use a flashlight, not a candle, for emergency lighting.

## REASONS TO USE BATTERY-OPERATED FLAMELESS CANDLES

Flameless candles are:

- Battery-operated and have NO RISK OF FIRE.
- May be crafted from real wax and flicker just like a real candle.
- Green – no smoke or soot are emitted into the air.
- Very economical – only the batteries need to be replaced.
- Safe to be left unattended.
- Safe around children ... Even as a nightlight!



*Safe Kids Grand Forks is offering CANDLE IMPRESSIONS battery operated candles at a great price – only a \$12 donation. No more open flames or messy wax! Use them year round for safe decorating. These are also great for dorm rooms or nursing homes where open flames can't be used. They are even safe enough to be used by children!*

### 3 styles:

- VOTIVES: A 4-pack of unscented votive candles, batteries included.  
PILLAR: A 4-inch round unscented pillar candle, batteries not included.  
HURRICANE: A 4-inch carved hurricane candle with a light vanilla scent.

## 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](mailto:chanson@altru.org) or call 701-780-5000 and ask for pager 1389

Patty Olsen – [polson@altru.org](mailto:polson@altru.org) at call 701-780-1856

Sandy Schuster – [sschuster@altru.org](mailto:sschuster@altru.org) or call 701-780-1639



# Make a Splash

The library theme for Kids Camp 2010 at North Dakota Vision Services / School for the Blind (NDVS/SB) saw more than one splash this summer.

Children from across the state practiced their Braille skills with a week of reading and writing about creatures of the sea. But many of the activities our campers participated in were not held in classrooms or the library. One afternoon was spent at the UND swimming pool where our camp youngsters, ages

7-12, learned about hypothermia from Altru Safe Kids staff as they reached into a cooler full of icy water to retrieve coins from its bottom.

Coast Guard Auxiliary and Swim America volunteers taught the campers ways to be safe near and in the water, how to fit a life jacket, and how and when to use a safety whistle. They then gave camp kids instruction on safety techniques for entering and exiting a canoe. After paddling instructions on dry land, the canoes

were launched. Lifeguards and SB staff assisted the students as they embarked on this new water experience. Quincie, 9, told one of her teachers that she will know what to do if she falls in a cold lake when she goes fishing. Bethany, 7, excitedly said, "The canoe was wobbly but fun. I learned how to paddle."

Our campers have headed for home overflowing with memories to share. Thanks to the cooperation of volunteers, a

conversation last March about life jackets turned into an afternoon of educational camp fun. I hope this summer you took time to make a splash too!

Donna Metzger  
Director of the Vision Resource Center / Librarian NDVS/SB



## Safe Kids and Hugo's Team Up For Back-to-School Safety!

For the last three years, Safe Kids and the Hugo's Family Marketplace have worked together to bring back-to-school safety messages to parents/caregivers and school children throughout the region. The safety messages focus on the four ways of getting to school - walking, by biking, by family vehicle or school bus. In addition to providing lots of safety information, children are also provided free school supplies and an

opportunity to enter a drawing for a back pack, generously donated by Hugo's. Over 80 children have won back packs through this program.

We have two methods of delivering our message:

At the GF/EGF and Jamestown locations, a table is set up with a display board focusing on getting to school safely for one week prior to the start of school. Free literature is provided as well as school supplies.

At the Thief River Falls and Crookston locations, we conduct a "Back to School" Safety Fair. Safe Kids, with the help of Hugo's employees, the school bus companies and community volunteers, sets up four stations for children to move through in the parking lot of the store. The stations focus on the four methods of getting to school.

The safety fairs and display booths have been met with great success.

We thank Hugo's for their support and creativity in developing and providing this program.



Register today for what is sure to be an outstanding conference!!

### North Dakota Conference on Injury Prevention & Control

"Preventing and Responding to Injuries"



# SAVE THE DATE

## October 27-28, 2010

Seven Seas Hotel  
Mandan, ND

**Purpose:** To encourage professionals to develop multifaceted approaches to promoting awareness, prevention and intervention of unintentional and intentional injuries in North Dakota.

#### Topics will include:

- General Injury Prevention
- Traffic Safety
- Domestic/Sexual Violence
- Suicide/Mental Health
- AND MANY MORE!

For more information and registration, call 800.472.2286 or visit [www.ndhealth.gov/injury/trainings.htm](http://www.ndhealth.gov/injury/trainings.htm)



Hosted by:  
North Dakota Department of Health  
Division of Injury Prevention & Control

Application for contact hours has been made to Community Health Section, North Dakota Department of Health, an approved provider of continuing nursing education by CNE-Net, the education division of the North Dakota Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Continuing education credits (CEU, POST, and CEH) have been requested for social workers, licensed counselors, law enforcement, emergency medical services, and domestic violence advocate certification hours.



# "Cobalt Baby" Receives Gifts from Chevrolet, Graco and Safe Kids Grand Forks

Earlier this summer, our coalition received a call from Safe Kids Worldwide (SKW) office in Washington D.C. They were asked to be a part of a wonderful "presentation" for what they were calling the "Cobalt Baby". Chevrolet had become aware of a mother who gave birth while driving her Chevrolet Cobalt car to the hospital. She was not riding in, but DRIVING the car when she gave birth. Amanda Norgard's story had made national news and was reported in New York where the Chevrolet representative got hold of it. The decision was made to give the baby and family some gift items including a year's supply of diapers, toys and clothes. Graco donated car seats for the children and that is where SKW and our coalition became involved. To assure that the seats were installed properly and that all three would fit in the back of the Cobalt (not a real large back seat for 3 car seats!!), we were asked to assist. It was a delight for us to travel to Ebro, MN and install the seats and donate some gifts on behalf of Safe Kids Grand Forks and our local Chevrolet dealer, Rydell Auto Center.



Safe Kids Grand Forks representatives, Judy Larson and Coordinator Carma Hanson present the car seats donated to the family by Graco.

A Chevrolet Tahoe filled with diapers and baby supplies for the family. All items, including a year's supply of diapers was donated by Chevrolet.

The family being interviewed by a WDAZ television reporter. To view the interview, go to: <http://www.codemasterweb.com/verderolo/video/QOqFYC6ZMS0/WDAZ-Baby-Born-In-Chevy-Cobalt.html>



The family with all three kids safely sitting in their new car seats provided by Graco.



Amanda Norgard and her family with the Chevrolet representatives that gave her the vehicle full of baby supplies.



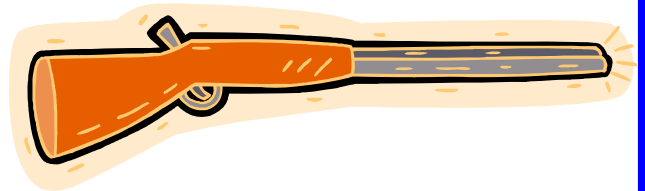


# Fall Means Hunting. . . . Gun Safety 101

Fall is in the air and as the days turn cool, the hunters prepare for their outings. Whether shooting at geese in the sky or that elusive buck, hunting is very much a part of our culture in North Dakota and Minnesota. While the sport can bring lots of enjoyment, it also brings the guns out of their storage units. Here are some tips to keep your hunting season safe and your home “gun safe”.

- Always take unused ammunition out of the gun and store it in a separate location from the weapon.
- Keep guns locked up in safes, gun cabinets or with gun/trigger locks.
- Teach children that they should NEVER point a gun at anything they don't intent to shoot. This includes even when “pretending”.
- Consider the video games that children are allowed to play. Young children often cannot associate being shot in a video game versus in real life. People do not “come alive” with a reset button in “real life”.
- Make sure you know if the homes your children are visiting have guns in them and if they are properly stored.
- Teach a child to never touch a gun. If they find one, leave the area and go tell an adult.

If you are in need of free gun locks, contact Safe Kids Grand Forks at [safekids@altru.org](mailto:safekids@altru.org) and we will make arrangements for you to pick some up. We thank the Grand Forks Sheriff's Department for providing us with these locks for distribution.



Fall is here and for many families up and down the valley and across our fine state, that means harvest time. Check out the following web site from Farm Safety 4 Just Kids for important farm safety tips. While being around big equipment may be a “way of life” for many, we should not assume that kids and parents know all the risks on a farm. This site provides great tips to keep kids safe. . . . Check it out!!!

<http://www.fs4jk.org/>