

Spotlight on Health & Safety



December Safety Message – Personal Safety

Children and adults face challenging situations every day at home, at work, at school, online, and in their communities. Discussing and teaching personal safety skills with children is important to their overall well-being and provides them with important life skills.

Examples of personal safety skills that are important for children to learn include: how to be and act aware, calm and confident, how to be prepared for different situations and activities, how to take charge, how to set boundaries, how to get help, and how to protect oneself. It is also very important that children know how to call 9-1-1, know their address, phone number and their parents' names.

As adults, being mindful and present in our daily activities will reflect onto our children, at home, at school and in our communities. Whenever possible, use teachable moments to reinforce personal safety practices and above all, ensure children know how to get help if they need it.

COVID-19 has certainly caused us to look at our personal safety in new ways. Washing our hands, wearing a mask, staying 6 feet apart and maintaining our cohorts are some of the new ways of living we are faced with. These personal safety measures not only protect ourselves but they protect our loved ones and those around us.

Peace River School Division encourages our school communities to continue to look after their personal safety and wishes everyone a safe and healthy holiday season. We would also like to take this opportunity to thank our school communities for their ongoing support and patience during these challenging times.

We wish you a safe and happy holiday season!

Joint Worksite Health and Safety Committee