

ESP FOCUS

ABC's of School Preparedness



Our natural reaction to events like terrorist attacks or school shootings is shock and astonishment. "How could it happen here?" we wonder. Unfortunately, schools are not exempt from the threat of terrorism and other violence.

There is a lot that can be done by school officials to plan for disasters, to limit the risk, to protect the safety of students and teachers, and to ensure that schools recover quickly. However, the clock is ticking. The time to prepare is right now. Parents should know the policies and procedures of their children's school during times of disaster or crisis and should be involved in the planning process as much as possible. Parents should also make sure the school has their updated emergency contact information and should consider giving written permission to a trusted friend or neighbor to pick up their children from school or day care in case they cannot get there on time.

Many states now require specific disaster preparedness activities in their school systems. In California, for example, schools are required to have a disaster plan, to hold periodic drop, cover and hold drills and to hold educational and training programs for students and staff. Whether mandated or not, all schools should have an emergency response plan that addresses the following:

- Identification of hazards and steps to reduce the risk

- Evacuation plans and routes
- Needs of students and staff with disabilities
- Onsite shelter plans
- Emergency supplies and equipment
- Plans for releasing students and school personnel
- Communication

While planning for a future disaster may seem overwhelming, it is not impossible, and the benefits far outweigh the time and trouble it takes to prepare a school plan.

It is also important for schools to plan in advance to deal with the problem of psychological trauma after a disaster. Signs to look for include withdrawn and/or more aggressive students, those acting overly responsible or parental, children who are edgy, jumpy, quick to anger, out of control or with a non-caring attitude. Encourage teachers to discuss these and other changes in behavior with parents.

TAKE ACTION

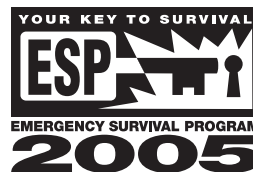
The reverse side of this sheet offers additional information for preparing your school and students for the next disaster. You can help take the terror out of terrorism by preparing in advance.

CHECK THESE WEBSITES

www.espfocus.org (Emergency Survival Program)

www.redcross.org (American Red Cross)

www.cert-la.com (Community Emergency Response Team)



This flyer is courtesy of

SEPTEMBER

www.espfocus.org

WHAT YOU CAN DO NOW

Parents have an important role in assuring the safety of their children whether at school or at home. The suggestions below are guidelines for you to follow.

- Teach your children what to do in an emergency and make sure they know their own names and addresses, as well as the full names and contact information for parents and a second adult emergency contact.
- Prepare a school emergency kit for each of your children. Let them help you put the kit together. What they have on hand when a disaster occurs could make a big difference in their safety and survival. A list of some of the recommended items that could be included in each child's emergency kit is as follows:


- Emergency drinking water (3-day supply)
- Non-perishable food (3-day supply)
- First aid kit and book
- Essential medications
- Lightstick or a flashlight with extra batteries
- Identification card
- Family photos
- Towelettes
- Blanket
- Medical release card
- Emergency telephone numbers
- Change of clothing
- Favorite toy


SCHOOL PROJECT Classroom Activity


Use the ESP Activity Sheets below in your classroom to stress the importance of preparing for emergencies.


ESP Activity Sheet


Write the names of the items that belong in your family emergency kit!


A 


B 


C 


D 

E 

F 

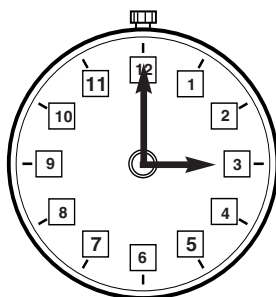
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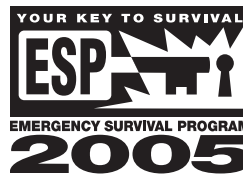
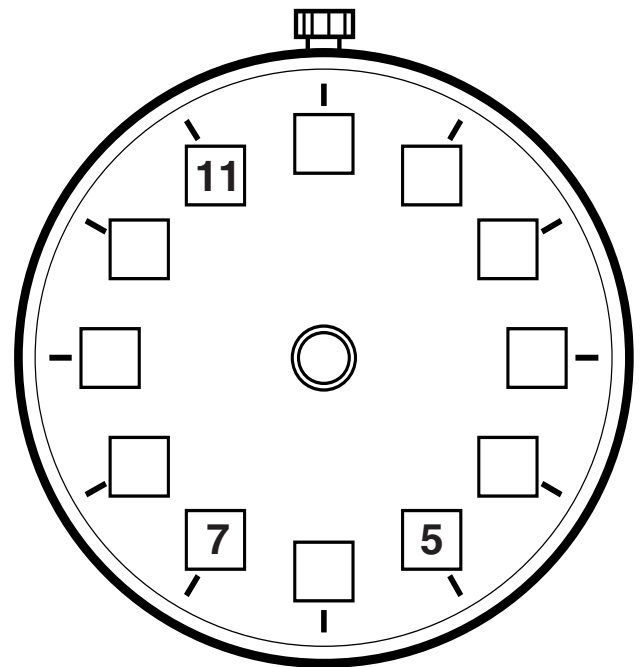
ANSWERS

- A. FLASHLIGHT
- B. CAN OPENER
- C. WRENCH
- D. FOOD
- E. FIRST AID
- F. WATER
- G. RADIO
- H. CASH



ESP Activity Sheet

Emergencies can happen at any time! Write the numbers on the clock. Now draw the hands on the face to show *your* favorite time of day. Be prepared for an emergency at all times!



This focus sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness. ESP was developed by the County of Los Angeles. The California Governor's Office of Emergency Services (OES) and representatives from Contra Costa, Imperial, Inyo, Kern, Los Angeles, Marin, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura counties, Southern California Edison, the Southern California Earthquake Center and the American Red Cross assist in the development of campaign materials and coordination of the campaign.