

Are You Ready?

National Emergency Preparedness Month at Stein Elementary

The Metro Community Provider Network's (MCPN) school based clinic at Stein Elementary prepared Stein elementary students and families for emergencies over the month of September. The Stein Kids and Teen clinic has a health education team comprised of AmeriCorps Health Educators and MCPN staff. The Stein Health Education team created a curriculum aimed at educating Stein elementary students on what it means to be ready for an emergency, in hopes that they would go home to share this information with their families. Through a recess scavenger hunt activity for 2nd through 6th graders, Stein students actively learned how to assemble their own emergency stockpile kit. We also implemented two separate classroom lessons, one for Kindergarten through 2nd graders and one for 3rd through 6th graders. The younger grades lesson plan included reading Anita's Story and providing visual aids to help the children understand the materials necessary for an emergency kit to be effective. For the older children the lesson plan included testing the children's recall from the recess activity by asking them to pull items out of our assembled emergency kit and explaining whether or not these items belong and why. Additionally, we sent home the attached parent handout about preparing families for emergencies and published a Spanish and English version of the information in Stein's parent newsletter.

In the field of health education, the direct impact of our services is sometimes hard to see. Observing the children's understanding of an emergency evolve from desperately needing to use the bathroom to preparing for a blizzard was humorous but greatly rewarding. Overall, the children learned what constitutes an emergency, why it is important to prepare for one, and how to prepare effectively. We directly taught 216 children in classrooms and reached approximately 200 children during the recess activity. The bilingual newsletter was sent home to the 470 families of the 700 Stein students, and the parent handout reached the parents of the 216 students seen in classrooms. The Get Ready events at Stein Elementary were successful and we look forward to implementing the new curriculum into next year's lesson plans. I have attached a copy of the parent handout, the classroom lesson flier, and a couple pictures from the scavenger hunt and classroom lessons.

Are You Ready?



September is National Preparedness Month and Stein Kids Clinic Staff are working in the classrooms and school to prepare Stein children and their families for emergency situations. Are you and your family ready?



School & Home Preparedness Tips For Families

- Ask the school for a copy of its emergency preparedness plans. Most schools have some type of emergency preparedness plan.
- Make sure the school has all of your contact information on file. If your child has special medical needs, consider talking with the school nurse on how to prepare for your child's care in case you're separated from your child for a longer period of time.
- Make sure your child knows her or his address, the full names of parents or guardians as well as important phone numbers.
- Designate an emergency meeting place in case you can't remain at home, and check that everyone knows where it is and how to get there.
- Make an emergency supply kit! An emergency supply kit is good to have for all kinds of emergencies.
- Sit down with your family and talk about the things you will need if an emergency happens.
- Here are some other items to fill your emergency supply kit with: Radio that works with batteries, Extra Batteries, First aid kit, Flashlight, Extra clothes and blankets, Extra Water and Food (Canned Food), Can Opener.

Find out more on how to prepare your family and loved ones for any emergency at

http://www.getreadyforflu.org/new_pg_facts.htm

Or stop by the Clinic at Stein to pick up more information.



Hello Stein Staff!



MCPN's Stein Kids Clinic wants to help Stein students and their families Get Ready and Be Prepared! In support of the National Preparedness Month, Stein Clinic is planning to participate in National Get Ready events to help educate students about being prepared for emergencies. We are offering a special Health Education opportunity for your classrooms! A 15 minute presentation will be available **Monday – Thursday from September, 21st – October 8th** from 8:45am-3:45pm in your classrooms. The lesson will educate students on how to effectively prepare for emergencies and disasters. A Spanish presentation can be prepared if needed. Please contact Cynthia Farrar and the Health Nuts via email at cfarrar@mcpn.org, drop a note in our box in the office, or call us at **ext. 50050** to schedule a class!



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