

Fire Prevention & Safety Month

Smoke Alarm Safety

- ⇒ Locate at least one smoke alarm on every floor of your home.
- ⇒ Place smoke alarms near bedrooms, either on the ceiling or 6 to 12 inches below the ceiling on wall.
- ⇒ Test smoke alarms according to manufacturer's instructions regularly, and replace batteries when needed.
- ⇒ Never remove batteries.
- ⇒ Make sure the smoke alarm is loud enough to be heard



TOP TEN SAFETY TIPS


1. Test your smoke alarm, and keep it in working condition.
2. Develop a home fire escape plan and practice it.
3. Make a 72-hour disaster survival kit, maintain it, and keep it close by.
4. Keep matches and lighters out of children's reach.
5. Stop, Drop, and Roll if your clothes catch on fire.
6. Use 9-1-1 for an emergency, or your local fire department for a non-emergency incident.
7. Make life safety your responsibility. For example, use a helmet when riding a bicycle, use seatbelts and car seats properly in your vehicle.
8. Always cross the street at a cross walk.
9. Safeguard weapons if you have them in your home.
10. Make fire and life safety for you and your family a top priority.

Upcoming Events: Parent's Meeting

Southbridge Flu Clinic

Senator's Visit

SIDS Awareness

A photograph of a baby sleeping peacefully in a white mesh swaddle with a pink and white floral pattern. The baby is lying on their back on a white surface.

5 Ways to Prevent SIDS

- Always place baby on his back to sleep
- Keep baby's crib clear of blankets and toys
- Keep baby at a comfortable temperature
- Practice safe swaddling
- Place baby on a firm sleep surface

SAFE SWADDLE TIPS

- Don't swaddle too tightly
- Make sure baby can move naturally
- "Hands over heart" sleeping position
- Use a swaddle that won't unravel and cover baby's face
- Don't over-swaddle or double swaddle
- Don't dress baby in too many layers
- Transition to arms-free sleep when baby begins to roll

St. Mary's Food Pantry

263 Hamilton Street
Southbridge, MA 01550
(508) 765-0245

Hours:

Tuesday 3:00- 5:00pm
Thursday 9:30– 11:00am

* Must call ahead to receive

Weather Number

For weather related
information

(delays, closings)

please call

(508)765-4738 Ext. 300

October 2015

SUN	MON	TUE	WED	THU	FRI	SAT
			A	1	2 Senator Visit	3
4	5	6 Parent Meeting 4pm	7	8	9 In-Service Dismissal 12:30	10
11	12 No School	13	14	15	16	17
18	19	20 Policy Council	21	22	23	24
25	26 Flu Clinic Southbridge	27	28	29	30	31

Performance Standard 1304.40(b)(1)(ii): Education and other appropriate interventions, including opportunities for parents to participate in counseling programs or to receive information on mental health issues that place families at risk, such as substance abuse, child abuse and neglect, and domestic violence; and opportunities for continuing education and employment training and other employment services through formal and informal networks in the community