



# Newsletter

September 2017  
Issue 18, Vol. 1



**Safe Youth, Safe Schools**  
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# Safe Youth, Safe Schools



Keep children safe. While our nation's schools are expected to be, and usually are, safe havens for learning, unintentional injuries and even violence can occur, disrupting the educational process and negatively affecting the school and surrounding community.

New haircuts, new clothes, and backpacks stuffed with markers, pencils, and binders—everything a child needs to start a new school year. As millions of students return to school this fall, teachers will plan their school supply list, and parents will carefully make sure their child is prepared with each and every item. Safety should also be on everyone's back-to-school list.

Parents, students, educators, and community members can all take action to keep children safe—in and away from school.

## Get to School Safely

### [Walk to School Safely](#)

Children face an increased risk for pedestrian injuries. You can help by learning more about these risks and steps you can take to promote pedestrian safety in your community.

### [Child Passenger Safety](#)

Motor vehicle injuries are the greatest public

health problem facing children today. In fact, motor vehicle crashes are the leading cause of death for children aged 0-12 years in the United States. Learn how to keep children safe by using an age- and size-appropriate restraint system.

### [Teen Driver Safety](#)

Teen drivers are nearly three times more likely than drivers aged 20 and older to be in a fatal crash. Crash risk is particularly high during a teen's first year of driving. Learn about strategies that help a new driver arrive at school safely, including Graduated Driver Licensing (GDL) systems and Parent-Teen Driving Agreements.

## School Safety

### [School Violence](#)

While US schools remain relatively safe, any amount of violence is unacceptable. Parents, teachers, and administrators expect

schools to be safe havens of learning. Acts of violence can disrupt the learning process and have a negative effect on students, the school itself, and the broader community.

### [Youth Violence](#)

Youth violence can take different forms, such as fighting, bullying, threats with weapons, and gang-related violence. It is a leading cause of death and injuries of young people between the ages of 10 and 24 in the United States.

### [Sexual Violence](#)

Sexual violence begins early in life. Eighty percent of female victims experienced their first rape before the age of 25 and about 40 percent experienced the first rape before age 18. Most victims do not tell friends and family about the abuse and suffer alone. Those who do disclose the violence may be stigmatized by friends, family, and their community.

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# Safe Youth, Safe Schools

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## Suicide

Suicide is a serious public health problem that affects all age groups, including youth. It is the second leading cause of death among youth and young adults between the ages of 10 and 24, with nearly 6,000 lives lost among this group, each year.

## [A Comprehensive Technical Package for the Prevention of Youth Violence and Associated Risk Behaviors](#) [4.09 MB]

This technical package is a collection of strategies that represents the best available evidence to prevent or reduce public health problems like youth violence.

## School Health Index

School Health Index (SHI) is a self-assessment and planning tool that enables school administrators to identify strengths and weaknesses of health and safety policies and programs, develop an action plan for improving student health and safety, and to involve teachers, parents, students, and the community in improving school services.

## **Safety During Sports and Physical Activity**

### Playground Injuries

Each year in the United States, emergency departments treat more than 200,000 children ages 14 and younger for playground-related injuries. Learn about risks and how to avoid severe injuries associated with playgrounds, such as making sure that surfaces under equipment are safe, soft, and well-maintained.

### Heads Up to Schools: Know Your Concussion ABCs

A child can take a spill, knock his/her head, and get a concussion in any number of

school settings ranging from the hallway, the playground, the cafeteria, in school sports activities, and beyond. This flexible set of materials was developed for professionals working with grades K-12 and helps principals, school nurses, teachers, or other school professionals identify and respond to concussions and learn strategies to help support students returning to school after a concussion.

## **Additional Resources**

### Department of Education

The Department of Education seeks to ensure equal access to education and to promote educational excellence nationwide. The agency provides parents, teachers, and school administrators with various resources on school safety and youth violence prevention.

### National Organizations for Youth Safety

The National Organization for Youth Safety (NOYS) is a coalition comprised of national organizations and federal agencies that serve youth. The primary focus is on youth safety and health. The NOYS website includes information about membership, research, and resources concerning youth safety.

### Protect the Ones You Love

Protect the Ones You Love: Child Injuries Are Preventable is a CDC initiative to raise parents' awareness about the leading causes of child injury in the United States and how they can be prevented. Working together, we can keep our children safe and help them live to their full potential.

### Safe Kids Worldwide

This is an international, nonprofit organization solely dedicated to preventing unintentional childhood injury. Safe Kids

# Nursing Talk

## CAN I BUY A NEW CAR ONLINE?

Dear Cassandra,

My twenty-year-old Chevrolet has quit running and cannot be repaired. I want to buy a new Chevrolet. Can I buy one online?

### *Had a Cream Puff in Aurora*

Dear Had a Cream Puff,

It sounds like you had a good experience with your old car if you had it twenty years. You must have taken it for the recommended oil changes, lubes, tire rotations, and 21 point vehicle inspections. Preventive maintenance is so important. You probably also drove it in a sensible manner—no gunning the engine when the traffic light turns green, no screeching to a halt at stop signs, no popping a wheelie in a parking lot.

Can you buy a new car online? If you want to buy a car from a dealer, you can start the buying process online, but you will ultimately have to go to the car dealer to negotiate a price and sign all of the documents. Besides, don't you want to see the vehicle, walk around it, sit in it, touch it, and test-drive it before you buy it?

Why can't you buy the car online? According to the Chicago Tribune article "Why you can't buy a car online—for now," "One reason is that manufacturers who have franchised dealers—everyone except Tesla—cannot compete with their dealerships by selling directly to consumers, either online or through company owned stores, like Tesla or companies such as Apple. That is the law in all 50 states, so buying from a dealership is the only avenue."

Car dealers also provide other services you may need. They accept trade-ins and arrange financing. They also have a selection of vehicles on the lot you could look at and test-drive.

A 2016 survey of U.S. consumers by Capgemini showed that 60 percent of U.S. consumers were willing to buy a new car online. However, the survey showed that 88

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Worldwide promotes changes in attitudes, behaviors, laws, and the environment to prevent accidental injury to children.

## [Safe Routes to School](#)

The National Center for Safe Routes to Schools helps states and communities enable and encourage children to safely walk and bicycle to school, working with parents, schools, community leaders, and local, state, and federal governments to improve the health and well-being of children. The organization also coordinates and provides technical support for the US Walk to School Day.

## [StopBullying.gov](#)

StopBullying.gov is the federal government's one-stop-shop for information about bullying, including what bullying is (and isn't), state laws on bullying and cyberbullying, the warning signs for bullying, and how to prevent bullying by engaging the community. Free, downloadable resources are available for [kids](#), [teens](#), [parents](#), [educators](#), and others in the [community](#) and are also available in Spanish.

## [Striving to Reduce Violence Everywhere \(STRIVE\)](#)

STRIVE, or Striving To Reduce Youth Violence Everywhere, is a national initiative led by CDC to prevent youth violence before it starts. STRIVE seeks to increase awareness that youth violence can and should be prevented and to promote the use of prevention strategies based on the best available evidence.

## Research/Data Sources

### [Crime Prevention Through Environmental Design \(CPTED\) School Project](#)

Research has shown that proper environmental design can reduce crime and fear associated with criminal activity. An effectively designed environment can improve the overall quality of life. CDC researchers are studying how changes in the physical environment of schools can encourage pro-social behavior while reducing fear and violence.

### [Indicators of School Crime and Safety](#)

CDC contributes to the Department of Education's annual report on school crime and student safety. This report provides the most recent data available from many independent sources.

### [Youth Risk Behavior Surveillance System \(YRBSS\)](#)

CDC's YRBSS monitors health risk behaviors that contribute to the leading causes of death and disability among young people in the United States. The YRBSS includes national, state, and local school-based surveys of representative samples of 9th through 12th grade students.

Source: <https://www.cdc.gov/features/safeschools/>

# Nursing Talk

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percent said they want to see the vehicle or test-drive it, and 55 percent said they want to negotiate the price. In addition, many lenders still require borrowers to sign loan agreements in person at a dealership.

*Cassandra*

We invite you to submit questions for this column. E-mail [edward.lara@ahhc-1.com](mailto:edward.lara@ahhc-1.com)

### AHHC Newsletter

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## Testing Time

**Where:** 1660 N. Farnsworth Ave., Suite 3  
Aurora, IL 60505

**Dates:** 9/11/17 - 9/15/17

# IN-SERVICES

As you might know already, not everybody is required to attend the Skills Fair this year. **However, everybody is required to complete the In-Services.** Login as you normally would, and you will find a link that says **AHHC Competency**. You can also go to: [www.ahhc-1.com/ahhc\\_competency.php](http://www.ahhc-1.com/ahhc_competency.php), or go to the bottom of any page on our site and find a button labeled **IN-SERVICES**. You will be required to complete the following:

1. Annual Education Test
2. Hand Hygiene Test
3. Mandatory Influenza Vaccination Form

All requirements **MUST** be completed by **August 30th, 2017**. Not complying with this will result in suspension until all requirements are completed.

Please direct your questions or concerns to the HR department. You can call us at 630.236.3501 or e-mail us at [HR@ahhc-1.com](mailto:HR@ahhc-1.com).

## CPR Class Schedule

Date:	Time:
September 13	1000-1300

CPR spots are scheduled on a first come first served basis. Don't delay. **CLASS ALMOST FULL.**  
*Reserve your spot today.*



# WANTED 470 PEOPLE

TO READ THE BLOG EACH WEEK

MUST BE CURIOUS, INTELLIGENT,  
THOUGHTFUL INDIVIDUALS WHO ARE OPEN TO  
NEW IDEAS. LEARN NEW NURSING PROCE-  
DURES, COLLECT RECIPES, READ  
MONEY-SAVING TIPS, WATCH VIDEOS, ENJOY  
RERUNS OF LETTERS TO CASSANDRA,  
AND MORE.

JOIN the hundreds of nurses, office staff,  
family members, and the general public.  
Become a faithful reader of the American  
Home Health blog at [www.ahhc-1.com](http://www.ahhc-1.com).

FOR MORE INFORMATION,  
CALL 1-630-236-3501.

