



April Newsletter, compiled by Beth Green BSN RN

How to talk to your kids about stranger danger

When you're out and about with your child, whether at the playground or grocery store, it's not unusual for someone to notice your adorable child and want to engage her. The stranger may ask her questions, such as what her name is or how old she is. You want to teach her to be polite, but you also want to teach your child that she shouldn't talk to strangers.

So, how can you teach your child about strangers who can hurt them and strangers who could potentially help them in emergency situations?

"Don't talk to strangers" has been the mantra of many parents for generations. But instead of making a blanket statement, it's better to teach kids when it's appropriate to talk to strangers and when it is not.

"It's important to talk to your preschooler about stranger danger," said [Dr. Sarah Adams](#), a pediatrician at [Akron Children's Hospital Pediatrics in Hudson](#). "When your kids are out with you, it's fine to let them say hello and talk to new people. You are monitoring the situation and will protect her. But, if your child is alone and approached by a stranger, your child should immediately tell you or another trusted adult."

Tell your child that if a stranger ever approaches and offers a ride or treats, like candy or toys, or asks for help with finding a lost dog, your child should step away and find a trusted adult if they're not with you, such as a teacher or child care worker.

"We taught our children a family code word that was completely unrelated to our home and address," said Dr. Adams. "That way if someone approached one of our kids and offered them a ride, for example, they knew it was safe to go with them if the stranger knew the code word."

Most kids are likely to be wary of strangers who are mean-looking or appear frightening in some way. But the truth is, most child molesters and abductors are regular-looking people. Many go out of their way to look friendly, safe and appealing to children. So instead of judging a person by appearance, teach kids to judge people by their actions.

Perhaps just as important, encourage kids to trust their own instincts. Teach them that if someone makes them feel uncomfortable or if they feel like something's just not right — even if they can't explain why — they need to walk away immediately.

But, what happens if your kids are alone and need to approach a stranger for help?

First, they should try to find a person in uniform, like a police officer, security guard or store employee. If there are no uniformed people, grandparents, women and people with children may be able to help. And again, remind them about instincts: If they don't have a good feeling about a certain person, they should approach someone else.

"Teach your children it's OK to ask strangers for help, say to use their phone to call you or 911, but they should never go with a stranger," said Dr. Adams. "The important thing to remember is kids should never be left alone or unattended. But, if your child should separate from you for any reason, it's important to teach them about appropriate behaviors and what to do if they're ever approached to keep them safe."

Link to Inside Children's blog post: <http://inside.akronchildrens.org/2017/11/22/how-to-talk-to-your-kids-about-stranger-danger/>



2nd Annual 5K Run/Walk (Inside Arsenal)

There will be a 5K Run/Walk to benefit the Windham High School Student Council and the Sunshine Committee. Most of the terrain is inside the Arsenal, featuring mostly flat landscape with some slight inclines and hills. The entire course is paved, so no muddy courses. Last year 80 entries were received and we are hoping for more this year! The fee is \$20, which includes a tee shirt and other supplies for the event. The day of the race, registration is \$25. Children under 18 are \$15 and \$20 the day of the race. Registration starts at 8 AM and the race starts at 9 AM.

Getting outside and enjoying the outdoors is a great way to get active in the warmer weather and start moving for a more fit summer. Below is the form for registration. You can also register online at www.gopherarun.com, or print off the form and drop it off at the Windham High School office or mail it to the address on the form. Hope to see you there!

The Windham High School Student Council and the Sunshine
Committee Presents the

2nd Annual 5K Run/Walk



When: Saturday, April 28th

Registration begins at 8 AM and the race starts at 9 AM

Where: Ravenna Arsenal entrance behind the school, near the football field and next to the teacher parking lot.

Course: 5 kilometers inside the arsenal, mostly flat terrain with slight inclines and hills along the route.

Fee: Adults - \$20 before April 28th, \$25 day of race

Students (Younger than 18) - \$15 before April 28th, \$20 day of race

Awards: Awards given to Male and Female Top Runners

Registration: Forms can be found at:

- All Windham Schools locations
- Windham Schools' Facebook and Twitter page
- Windham Schools' website
- www.gopherarun.com

Online registration is available on www.gopherarun.com Or Registration can be dropped at Windham High School office or mailed to the school:

WHS Student Council

9530 Bauer Ave

Windham, Ohio 44288

Make checks payable to: Windham High School

Name _____ Age _____ Sex (M/F) _____

Address _____

City _____ State _____ Zip _____

Adult Shirt Size: S M L XL Registration must be received by April 20th to guarantee a shirt.

Waiver: I, the undersigned, certify that I am physically fit for participation in this event. I understand that racing is a potentially dangerous activity and I assume full responsibility for an injury or accident, which may occur in participation of this Run/Walk. In consideration of the acceptance of this entry, I waive and hold harmless, for myself, Windham High School, the Ravenna Arsenal, and all other persons and entities associated with this event.

Signature (parent/guardian if under 18) _____ Date _____

Immunization Clinic, May 3rd, Windham Jr./Sr. High

The Portage County Health Department will be at the High School on May 3rd, from 9 AM to 11AM to provide required immunizations for entering 7th and 12th grades.

All students entering the 7th grade will be required to have one dose of the meningococcal vaccine (also known as MCV4, Menveo, or Menactra) and one dose of Tdap (tetanus, diphtheria, and acellular pertussis).

Other Age-Appropriate vaccine recommendations:

- Human papillomavirus (HPV) – a vaccine series of two doses, 6 months apart; recommended for all 11-12 year old males and females.
- Hepatitis A virus – a series of two doses, 6 months part. Since 2006, this vaccine became a routine recommendation for children greater than 1 year of age.
- Varicella (Chickenpox) virus – two doses of this vaccine after the age of 1 year have been recommended since 2006.

All students entering the 12th grade will be required to have a second dose of the meningococcal vaccine prior to entry. If the first dose of MCV4 was administered on or after the 16th birthday, a second dose is not required.

Forms are available online in the Windham newsfeed or at the Windham High School office.

Please sign the forms and fill out all the necessary information. Questions – Beth Green, RN (330)326-2711, ext. 541.

Print consent form from here. [..\Immunization letters\Back to school consent 2018.pdf](#)