

MCLB ALBANY SAFETYGRAM

BACK TO SCHOOL

Have a safe and healthy school year

Heading back to school is an exciting time for kids – picking out new supplies, seeing their friends again and more! As you and your child get ready for the new school year, take a few minutes to talk about some safety and health basics.



Backpack Safety

- Ensure backpacks are not too heavy. Consider the size and the fit. It shouldn't be wider than the child's torso or hang more than four (4) inches below their waist.

While waiting for the bus, play it SAFE:

- Kids who take the bus should arrive five minutes before the bus is scheduled to arrive.
- **Stay** five steps away from the curb.
- **Always** wait until the bus comes to a complete stop and the driver says it's OK to get on.
- **Face** forward after finding a seat and sitting down.
- **Exit** the bus after it comes to a complete stop, look left, right and left again for cars and other people before getting off.
- Parents: Remember what the flashing light colors mean:
Yellow: Slow down. The bus is going to stop, and kids are getting on or off.
Red: Stop. Kids are getting on or off the bus. Don't drive forward until the red lights stop flashing and the bus begins to move.

Healthy lunches

If your child brings lunch from home, remember to pack smart. Aim for whole grain breads, fruits and vegetables – and toss in a bottle of low-fat milk (with a cold pack) or water instead of juice or soda.

For more information on back-to-school safety: click on the following link.

<https://www.safetyandhealthmagazine.com/22871-a-safe-and-healthy-school-year/>



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