



## PARENT NEWSLETTER

Office hours are from 830am-430pm M-F and until 630pm on the 15th and last day of the month or the Friday before.

### Special points of interest:

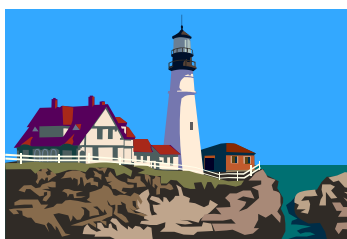
- Closure Day May 21—Victoria Day
- May workshop in on Observing and Recording
- Activity Plan is on Spring
- [andrea-odyssey@shaw.ca](mailto:andrea-odyssey@shaw.ca)/  
[noreen-odyssey@shaw.ca](mailto:noreen-odyssey@shaw.ca)
- [www.odysseychildcare.ca](http://www.odysseychildcare.ca)

### Weather

Wow what a long winter we have had. I think we are all ready for the signs of spring we are starting to see.

As the weather continues to warm up your children will be enjoying more time outside. We ask parents to please remember to bring a change of clothing, rubber boots (so they can enjoy splashing in the puddles), light coats and hats.

As summer approach-



es quickly we would also like to remind families to bring sunscreen and bug spray (if parents wish it to be applied). Parents will also need to sign permission for both of these to be applied to the

children throughout the summer. The permission is only required one time per year.

With the warmer weather there will be more outings happening with some providers. So watch out for the off site permission forms to see what adventures your children will be taking this year.

### Children and Stress

Our workshop in April was on Children and Stress. It was very informative and helped us understand good stress from bad stress, gave signs and symp-

toms to look for in children who may be too stressed. We also learned some strategies to help children deal with and overcome stress. Please

contact the agency if you would like further information on this.



### What to do in an Emergency Situation:

This article taken from the Lethbridge Herald website helps with this question

(<http://www.lethbridge.ca/home/For+Residents/Your+Safety+and+Security/Disaster+Preparedness+and+Response/default.htm>)

Canadians have experienced tornadoes, ice storms, brown-outs, and floods that were large enough to interrupt the services on which we all depend. Such emergencies have an even greater impact if people and communities are caught by surprise. Let's take the necessary steps now to be prepared for any emergency.

Every household should be prepared to cope on their own for at least the first 72 hours of an emergency while response workers help those in urgent need.

If you are prepared, you can cope with:

- No electricity
- No heat
- No transportation
- No telephone
- No water
- Closed food stores
- Very busy police, fire and emergency services

Getting prepared for an emergency or disaster is easy. Just follow these simple steps:

### Step 1 – Know the Risks in your Region

Knowing the risks specific to your region can help you better prepare.

The potential risks in Lethbridge and the surrounding area include:

- Floods
- Fires
- Tornados
- Severe Weather (heat/cold)

- Wild Fires
- Severe Storms
- Blizzards
- Landslides
- Industrial Accidents
- Hazardous Materials Spills
- Power Failures/Black Outs
- Transportation Accidents
- Pandemic Influenza

### Step 2 – Make a Household Emergency Plan

A household emergency plan will help you and your family know what to do during an emergency. Remember, you may not all be at home when an emergency occurs, so planning ahead is important. Your Household Emergency Plan should include information about:

- Safe escape routes from your home and neighborhood
- Meeting places to reunite with family or roommates
- Designated people to pick up children if you are unavailable
- Contact people close by and out of town
- Health information
- Emergency contact information
- Plans for your pets

Locations of important features of your home: fire extinguisher, water valve, electrical box, gas valve, floor drain, etc.

### Step 3 – Get a 72 Hour Emergency Kit

A 72 Hour Emergency Kit includes everything you and your family will need to cope on your own until more help is available. You can buy a kit or make one yourself. Either way your kit should include the following:

- Water – 2 liters per person

- Sleeping bags or warm blankets
- First Aid kit
- Flash light and batteries
- Battery-powered or wind-up radio (and extra batteries)
- Fuel driven stove and fuel
- Candles, lighter and matches
- Garbage bags
- Toilet paper and paper towels
- Personal hygiene items
- Tools – manual can opener, shovel, knife, pliers, etc.
- Specialty supplies (i.e. infant formula, pet food, etc.)
- Medications
- A whistle
- Extra keys – car and house
- Cash – smaller bills and change for pay phones
- Copy of your Emergency Plan
- Copies of important documents and ID

If you are interested in purchasing a kit, or getting more information, the Lethbridge Herald wrote about a store in Cardston called "In Case of". You can visit them in Cardston at 227 Main Street, or their website at [www.incaseof.ca](http://www.incaseof.ca). Or simply phone them at 403-653-3336.

### [www.aema.alberta.ca](http://www.aema.alberta.ca)

I also found some resource on the government of Alberta website



