



Holiday Health and Safety

As winter weather creates safety concerns, and holiday stress tries to steal a bit of the season's sparkle, we want to bring solutions to issues before they become issues. Whether it is classroom situations that can negatively impact students, preventing winter accidents, simplifying accident reporting, or making sure you're properly taking time for yourself, we want you to have the healthiest and happiest holiday season possible both inside and outside of the classroom.

Visit publicschoolworks.com



Supporting Students During Holiday Stressors

Dr. Allison Blackburn (she /her/ hers, Licensed Psychologist and Assistant Professor of Pediatrics, Cincinnati Children's Hospital Medical Center)

With the buzz of winter holidays just around the corner, it can be easy to focus on the festivities, celebrations, and merriment. As an educator, you may be counting down the

days until your well-deserved break begins, and incorporating holiday cheer into your lesson plans. However, it is important to be mindful that not every student experiences the holidays as joyfully as we hope. For many students, this time of year can cause feelings of stress and sadness. The two week break from school may also be a break from food security, predictable routines, and a sense of safety. Some students will be placed in uncomfortable situations such as visiting distant parents they do not wish to see, or spending an abundance of time in their home with conflict, discord, or substance abuse. Families will struggle to provide adequate supervision for their child during the break, given that many caregivers will be required to continue working during their child's time off. This holiday season, there will be students missing family members at their tables due to death, divorce, military deployment, or incarceration.

Continue reading Dr. Blackburn's tips [here](#).



HOLIDAY WISHES

At this special time of year, we want to express our gratitude for all the work you do. We wish you abundance, happiness, and peace in 2023. Happy Holidays!

Accident Reporting

Simplify and Standardize

The goal of PublicSchoolWORKS is to reduce risk within your district, help create and maintain a culture of safety, lower your worker's comp costs, keep you in compliance, and ensure you have a safe work environment. An integral part of a district's risk management and safety and compliance program is accident management.



For districts who utilize our Employee Accident Management module, December is an ideal time to review your reports from the year to ensure each are processed. Each February through April, districts within OSHA states are required to post within their buildings a summary of injuries and illnesses recorded the previous year, as well as submit this summary report to OSHA. Our OSHA wizard is a tool developed to help you easily process accident reports to determine which should be included in your summary report. Our system will also automatically generate your summary and log reports once each accident is processed. This will save you time and energy in the new year when it's time to post and submit your report.

Even if your district is not required to report to OSHA, there are still numerous benefits to implementing our online Employee Accident Management system. This module provides consistent recordkeeping, automated communication, as well as trend data analysis, and more. If your district does not currently utilize this module but would like to learn more, please contact your Safety Advisor.

Step Up for Winter Safety

Prevent Slips, Trips, and Falls

Winter weather can create beautiful scenery that looks like a peaceful painting or something that belongs in a magazine. However, venturing out can feel less like a wonderland and more like an obstacle course. It's no wonder, since it's reported that 20% of all workplace injuries result from a slip, trip, or fall. Walking outdoors during winter requires special attention to avoid falling.

If you spot any hazards, report them to the person that oversees maintenance, like a facilities director. Wear shoes or boots that provide traction on snow and ice and walk in designated walkways as much as possible. It is also best to assume that all wet, dark areas on pavements are slippery and icy, so always look ahead when you walk. It's also important to focus on your footing and take short steps to keep your center of balance over your feet.

More tips can be found in our course Slips, Trips and Falls. Additionally, our free winter walking poster shares important tips that help prevent accidents and injuries. Download a copy today and post in common areas to help staff to be winter ready!

Holiday Stress in Adults

Setting Expectations and Planning Ahead

The holidays are meant to be a time for family and friends, but it can come with added pressures. This can turn a season of comfort and joy into one of tension and stress. However, it is possible to manage holiday stress so you can enjoy this time of year. Below are a few tips from the Mayo Clinic's article, "9 tips to fend off holiday stress" that you may find helpful this season:

- Plan ahead. It's inevitable that some commitments will end up on the same day. Make sure to plan on what you can attend in person or virtually. If you're hosting the holidays, create a menu to help you stay organized and make grocery shopping easier.
- Say no. With holiday commitments, it is OK to say no to a few or all of them. Try sharing your to-do list with other family members.
- Create relaxing surroundings. Turn on some music, light some candles or open the windows on a sunny day. Research has found that listening to music and the scent of citrus can boost feelings of well-being, and vitamin D is always a happiness booster.
- Be realistic. You are only one person, and you can only do so much. Forget about perfection and enjoy the company surrounding you.
- Take a break. Don't forget about your own needs. Take a nap, go for a short walk, read a book or watch a funny movie. Laughing relaxes the whole body, and can relieve physical tension and stress.

The holidays don't have to be something to dread. With a little planning and setting realistic expectations, your holidays can be filled with peace and happiness.



WORKS Announcements

New Customers Joining The Organization

- Alpine County USD
- Big Oak Flat / Groveland School District
- Calaveras County Office of Education
- Columbia Union School District
- Mark Twain Union Elementary School District
- Sonora Elementary School
- Symmes Valley Local School District
- Tuolumne County Superintendent of Schools
- Twin Rivers USD