

# How I can stay safer at school!

A story for preparing children in schools for emergencies and drills K - 3

Waltham Public Schools





The principal and teachers want children to be safe and happy at school. Teachers tell us what to do when we are in our classroom, in the cafeteria, in the bathroom, and playing outside. Teachers also help us practice what to do if there is an **emergency** at

school. This is called a drill. It is important to listen to the teacher at all times.



Sometimes we have emergency drills; fire drills, bus evacuation drills, and a new drill called ALICE. We do not always know when drills will happen. We practice drills to stay safe. Practice drills will only last a short time. Usually, it is NOT a real emergency, just a practice.



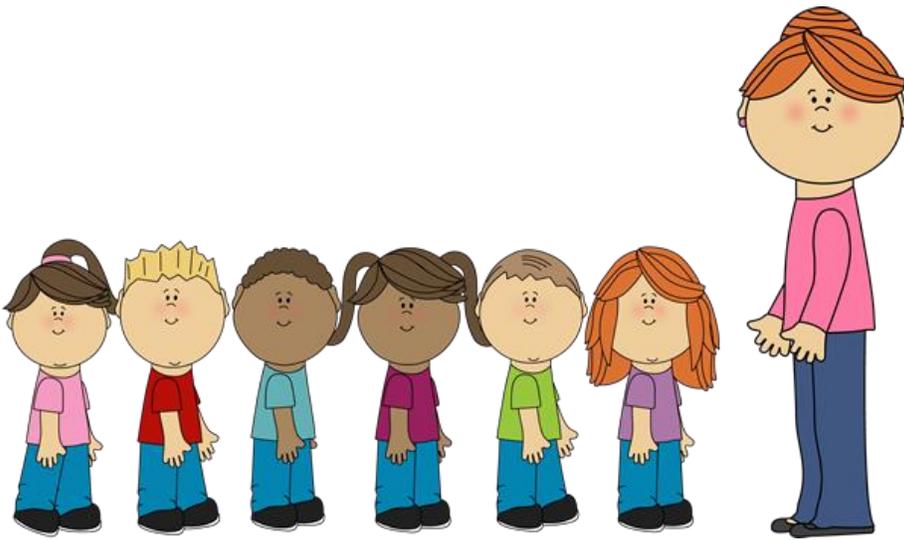
During a fire drill we may hear a loud alarm. During an ALICE drill there may be an announcement on the loudspeaker that an **intruder\*** has entered the school. The teacher will say "Please listen, there is an emergency". We must **STOP** and **LISTEN**. It is very important to listen to your teacher and to do what the teacher asks you to do.

(\*Intruder - a person who does not belong in our school and who wants to do bad things in our school)

The teacher may tell us to spread out at different spots in the room and remain very quiet. We need to stay away from the door. Listen to the teacher and follow directions. The teacher may have to turn off all the lights and block the door. It may be very dark. The teacher may ask you to grab something to throw like a book, a water bottle, or a pencil case.



If the intruder enters the classroom, it is okay to scream and throw the books, water bottles, or backpacks at the intruder. The teacher may tell you to run out of the classroom if you can.



We may have to run to a different part of the school. We may have to run outside and go to the special meeting place away from the school like we do when we practice our evacuation drill.



During an intruder emergency, police officers may come into school. Police officers help everyone stay safe. We must always listen to police officers. They help everyone when there is an emergency.

During a fire emergency, firefighters may come into the school. Firefighters help everyone stay safe. We must always listen to firefighters. They help everyone when there is an emergency.



We will always be with a teacher. We must always listen to the teacher and do what the teacher tells us to do. In some emergencies we may get on a bus or walk to a different place with a teacher to meet our parents.

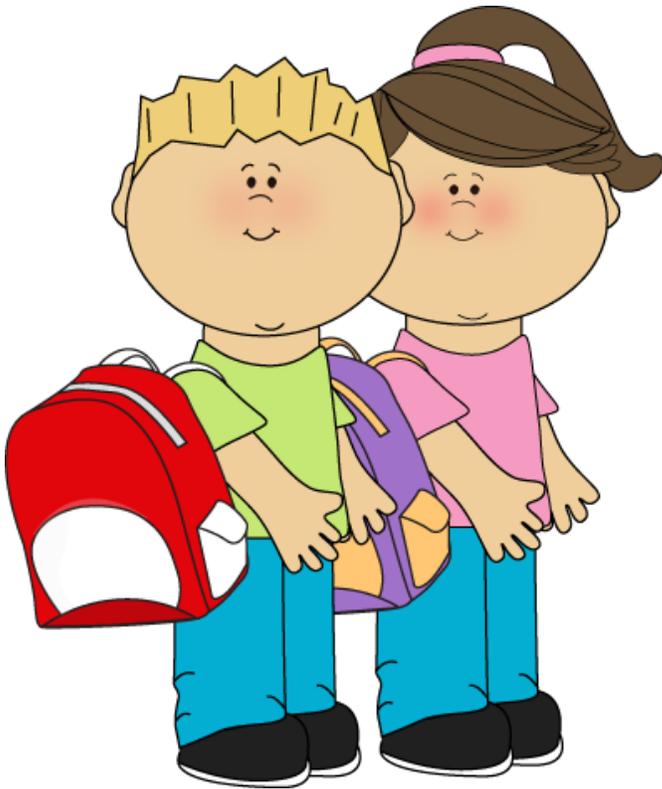




All schools practice emergency drills. We practice emergency drills so that we can stay safe and happy every day at school. We will continue to practice fire drills, school evacuation and bus evacuation drills. We will also practice an intruder emergency drill which we call ALICE. We will practice pushing desks and chairs in front of our door and grabbing something to throw. We will also practice leaving

from the classroom and running outside to a safer place.

It is very important for us to know what to do when there is an emergency at school so we can be safe.



I like practicing being safe at school.

Draw a picture of yourself being safe in school.