

ECASB & Erie County

Collaborating For Stronger Public Schools in Erie County

October 2024



Lisa Chimera
Deputy County Executive

I hope that across Erie County, everyone has had a wonderful start to the 2024-25 school year! I know that by now classrooms and families will be settling into a routine and looking forward some upcoming school breaks. In this newsletter we share some important health and wellness initiatives underway in Erie County, in addition to tips for parents and caregivers. I would also like to share two important reminders for the first week of November. This year Daylight Savings time will end Sunday, November 3, so be sure to “fall back,” and reset your clocks. And while students and staff may have the day off on November 5, I encourage everyone to exercise their vote in our local, state and national elections. I wish everyone a happy, healthy and enjoyable fall season!

Resources:

Live Well Erie: <https://www.erie.gov/livewellerie>

Erie County Department of Social Services: <https://www.erie.gov/socialservices>

Erie County Department of Health: <https://www.erie.gov/health>

Erie County Office of Health Equity: <https://www.erie.gov/health-equity>

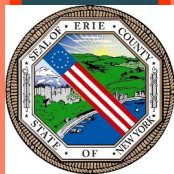
News from Erie County:

HEARTSafe

October is recognized as Sudden Cardiac Arrest Awareness month, and here in Erie County, we are taking strides to become a HEARTSafe community. HEARTSafe designation reflects a commitment to saving lives through effective preparation, making Erie County a safer place for residents and visitors alike. This includes training at least 15-percent of the community in hands-only CPR. The Erie County Department of Health (ECDOH) Office of Public Health Emergency Preparedness (PHEP) provides trainings to businesses and community organizations. Erie County has also partnered with the American Heart Association, the Buffalo Bills and UBMD Orthopaedics & Sports Medicine Doctors, who offer a variety of public, “pop-up” and group trainings. To learn more, or to register for an upcoming course visit: www.erie.gov/heartsafe.

Another way that you can help us reach this goal is by joining the UBMD AED Registration contest, with the chance to win prizes up to \$1,000! You'll first need to enroll with “Cardiac Crusaders,” from there you will be asked to view a 20-minute video to become an AED





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Location Verifier. Winners will be announced February 14, 2025. For more details visit www.ubmdems.com/aed-contest.

Healthy Homes

As we approach the winter season, families will be spending more time indoors. It is important that these are healthy and safe environments for children. The Healthy Neighborhoods Program, through ECDOH, can help to ensure that your home is safe and lead-free.

Eligible households can receive safety inspections, supplies and information related to health and home safety. This free program helps improve the quality of life in each neighborhood and is funded by the New York State Department of Health (NYSDOH).

The Healthy Neighborhoods Program is for anyone living in certain City of Buffalo ZIP codes (14201, 14202, 14206, 14207, 14208, 14209, 14210, 14211, 14212, 14213 and 14215) and the City of Lackawanna (14218).

Call the ECDOH at (716) 961-6800 and ask for a FREE "Healthy Neighborhoods visit," or go to www.erie.gov/lead to learn more.

Lead Safe Tool Borrowing

ECDOH has also partnered with the Tool Library to launch the Lead Safe Tool Borrowing Program. By taking a Lead-Safe Work Practices Training through the ECDOH, participants receive a one-year free membership to the Tool Library.

The Lead Safe Tool Borrowing Program provides the tools families need to protect themselves from lead exposure and maintain affordable, safe housing. By completing the training, you can borrow a HEPA vacuum for FREE.

Learn about trainings: www.erie.gov/leadsafetools

BECPL/Library Cards & Sports Equipment

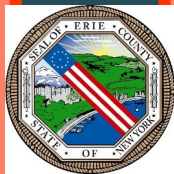
Did you know you can borrow sports equipment from the Buffalo & Erie County Public Libraries? Select branches offer sports kits for children and families to borrow. Children under 17 also have the opportunity to "Play Down Fines," where all fees are removed when sports equipment is borrowed.

But remember, you need a library card to access sports kits, books, movies and more! Library cards are free to residents of New York State, and you can even sign up online. Visit a branch to apply or go to www.buffalolib.org/library-cards.

Your free library card also serves as a ticket to discounts at destinations across Erie County. Use your library card VIP (Very Important Perks Pass) at the Buffalo History Museum, Explore & More Museum, Buffalo and Erie County Botanical Gardens, Buffalo Philharmonic Orchestra, Penn Dixie Fossil Park & Nature Reserve plus many more!

Sports & Physical Activity

It is recommended that children 6-17 years old should get at least 60 minutes of moderate-to-



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vigorous intensity physical activity every day. Regular physical activity can help build strong bones and muscles, control weight, reduce anxiety and depression, and reduce the risk of developing severe health conditions.

Moderate intensity physical activity includes:

- Brisk walking
- Playing catch
- House or yardwork (moving the lawn or sweeping)
- Biking
- Kayaking, hiking, swimming

Vigorous intensity physical activity includes:

- Running
- Jumping rope
- Games that involve chasing (tag or flag football)
- Martial arts
- Sports like soccer, tennis, and basketball

Students who are physically active tend to have better grades, attendance, cognitive performance, and classroom behaviors.

Food Safety

The kids have gone back to school and it's time to think about food safety! Meal prepping can be easy with these four simple steps!

1. Weekly Meal Planning and Grocery Shopping

- Search the internet for ideas and menus for lunches
- Pick up frozen food last before checking out
- Separate raw meat and poultry from other items in your cart
- Place perishable items in your fridge or freezer within 2 hours

2. Safe Food Preparation

- Wash your hands before preparing lunches
- Clean your utensils, countertops, and cutting boards with soap and hot water

3. Safe Packing

- Use an insulated lunch bag (never use a paper bag for perishable items)
- Always use two cold sources like frozen water bottles or ice packs
- When packing hot items (soup) use an insulated container to keep it hot

4. Safe Cooking - Use a food thermometer to make sure food (chicken nuggets or frozen meals) is fully cooked and safe to eat

To learn more visit: www.foodsafety.gov/blog/back-school-meal-prep-easy-1-2-3-4

Important Dates:

10/20-26 National Friends of Libraries Week

10/21-25 National Health Education Week



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10/31 Halloween
11/3 End of Daylight Savings Time
11/5 Election Day
11/11 Veterans Day

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Erie County Department of Health: www.erie.gov/health

Erie County Office of Health Equity: www.erie.gov/health-equity