



ECASB & Erie County

Collaborating For Stronger Public Schools in Erie County

October 2025



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 Deputy County Executive

As the 2025-26 school year gets rolling, we hope your households are finding their rhythm—whether it's packing lunches, navigating bus schedules, or settling into new routines.

In this issue, we're spotlighting key health and wellness initiatives happening across Erie County, along with practical tips for parents and caregivers to support thriving families. A couple of quick reminders as we head into November:

- Daylight Saving Time ends on Sunday, November 2. Don't forget to "fall back" and reset your clocks. Election Day is Tuesday, November 4. It's a great opportunity to show up and make your voice heard in local, state and national elections.

Wishing you a season marked by meaningful moments and continued achievement both in the classroom and beyond.

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>

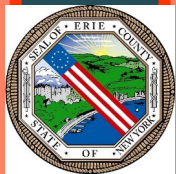
News from Erie County:

HEARTSafe

October is recognized as Sudden Cardiac Arrest Awareness Month, a time to highlight the importance of emergency preparedness and lifesaving education. Erie County is proud to announce its designation as a HEARTSafe Community by the Citizen CPR Foundation—a national recognition of the county's commitment to improving survival outcomes through CPR training, public awareness and coordinated emergency response.

This achievement was made possible through collaboration with schools, community organizations, emergency medical services, and public health programs. Over the past year, more than 147,000 residents were trained in hands-only CPR, with events held in schools, workplaces, public spaces, and at Buffalo Bills games. Special efforts were made to reach underserved neighborhoods and reduce barriers to lifesaving education.





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Families across Erie County now have greater access to CPR and AED training, empowering parents, caregivers, and children with the skills and confidence to act in an emergency. When more people are prepared to respond, more lives can be saved.

To learn more or find upcoming training opportunities, visit www4.erie.gov/livewellerie/heartsafe-community or call (716) 858-7101.

Healthy Homes

As colder weather approaches and families spend more time indoors, it's essential to ensure that home environments are safe and healthy, especially for children. The Healthy Neighborhoods Program offers free support to help households stay lead-free and hazard-free this winter. Eligible residents in select Buffalo ZIP codes and the City of Lackawanna can receive:

- In-home safety inspections
 - Free supplies to improve health and safety
- Educational resources tailored to your household's needs

To schedule your FREE Healthy Neighborhoods visit, call (716) 961-6800 or visit www.erie.gov/lead.

Supporting Your Child's Mental Health at Home

Tips for Parents and Caregivers Children's emotional well-being is shaped by their home environment. You can help foster resilience and confidence through everyday actions:

- Talk and Listen: Make time for daily check-ins and validate their feelings
- Create Stability: Maintain consistent routines and expectations
- Teach Coping Skills: Encourage journaling, mindfulness and outdoor play
- Model Self-Care: Show how you manage stress and prioritize wellness
- Stay Connected: Share meals, games and hobbies
- Support Physical Health: Promote sleep, nutrition and movement
- Normalize Asking for Help: Encourage seeking support when needed

Set Social Media Boundaries: Help balance online and offline time

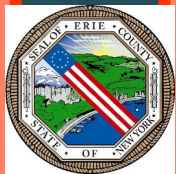
These small steps can make a big difference in helping children thrive at home and in school.

Move More, Feel Better: Why 60 Minutes of Daily Activity Matters for Kids

Why 60 Minutes of Daily Activity Matters for Kids Physical activity boosts mental health, academic success and overall well-being. Children and teens ages 6 to 17 should get at least 60 minutes of moderate-to-vigorous activity daily.

Moderate-intensity ideas:

- Brisk walking
- Playing catch
- Yardwork
- Biking, hiking, swimming



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Vigorous-intensity ideas:

- Running or jumping rope
- Tag or flag football
- Martial arts
- Soccer, tennis, basketball

Whether it's a quick game after school or a weekend hike, every minute counts. Let's help our kids move more, feel better and thrive.

Understanding Health Literacy

Health literacy is more than just reading medical information about understanding it, asking questions and making confident decisions for yourself and your family. When parents and caregivers are health-literate, they're better equipped to navigate healthcare systems, advocate for their children and promote lifelong wellness.

Building health literacy starts with everyday actions:

- Ask your healthcare provider to explain things clearly.
- Use trusted sources to research symptoms, treatments, and prevention.
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Talk openly with your children about health topics in age-appropriate ways.

By strengthening your health literacy, you're not only supporting your own well-being, you are modeling essential life skills for your children.

For local resources and support, visit www.erie.gov/healthliteracy.

Helping Kids Stay Safe, Calm, and Ready through Emergency Preparedness

Emergencies can be unpredictable, but being prepared helps families feel confident and in control. Erie County's "What If We're Ready?" campaign encourages parents and caregivers to involve children in simple, age-appropriate emergency preparedness steps that build resilience and awareness.

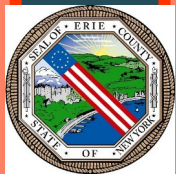
Families are encouraged to:

Plan Together: Talk about what to do in different emergencies and choose a meeting spot.

Pack a Kit: Let kids help gather essentials like snacks, water, warm clothes, flashlights, and a favorite toy.

Practice as a Family: Rehearse your emergency plan so everyone knows what to do.

Children can also learn key safety skills like how to call 9-1-1, recognize warning signs, and perform basic first aid. These activities not only prepare kids for emergencies, but they also promote responsibility and emotional readiness. To explore resources, checklists, and kid-friendly tools, visit www3.erie.gov/health/kids-and-preparedness.



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Food Safety at Home and School

With the school year underway, it's a great time for families to refresh their food safety habits. When preparing lunches for young children or teens, a few simple steps can help ensure meals stay fresh, safe and nourishing throughout the day.

1. **Plan & Shop Smart:** Start with a weekly menu and lunch ideas to streamline grocery trips. Keep raw meat and poultry separate in your cart, grab frozen items last, and refrigerate perishables within two hours of shopping.
2. **Prep with Care:** Clean hands, utensils and surfaces thoroughly before handling food. Hot, soapy water is your best friend in preventing cross-contamination.
3. **Pack It Right:** Use insulated lunch bags for perishable items and include at least two cold sources (like ice packs or frozen water bottles). For hot foods, insulated containers help maintain safe temperatures until lunchtime.
4. **Cook Safely:** Use a food thermometer to ensure items like chicken nuggets or frozen meals are fully cooked before packing.

A little preparation goes a long way in keeping kids healthy, energized and ready to learn. For more tips and resources, visit foodsafety.gov

Important Dates

10/20-26: National Friends of Libraries Week

10/21-25: National Health Education Week

10/31: Halloween

11/2: End of Daylight-Saving Time

11/4: Election Day

Resources:

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

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