



Holiday Edition



If there was ever a time to "pay-it-forward"; 'tis the season!

When you have more than you need, Build a longer table . . . Not a higher wall.



Recently, I was perusing a magazine and came across the above quote and it seemed to “speak” to the spirit of the Environmental Health & Safety (EH&S) staff’s commitment to embracing our larger community.

The month of November brought us the annual holiday of “Thanksgiving”. It’s a time when we acknowledge all of the things in our lives for which we are grateful and prepare and celebrate with fantastic feast! However, it is also a time that helps us remember that many others are not as fortunate as most of us.

This year the EH&S staff and other departments located at the Twin Lakes location gathered together to share a pot luck Turkey meal with all the trimmings and numerous desserts. Afterwards, all foods that were not consumed were to be shared with a homeless shelter, but ... unlike previous years, we seemed to have increased our collective consumption quotient. But that’s okay, because December has rolled around and EH&S is continuing its tradition of sharing.

For the last seven (7) years, Environmental Health & Safety Department has adopted a family at Christmas time, instead of exchanging gifts with each other. We select our family by contacting Guidance/Social Worker from one of our Broward urban schools that have student populations from lower socio-economic environments. This year’s family was selected from Rock Island Elementary. In order to address specific needs and desires of the children in the identified family, we request specific information in regards to clothing sizes, shoe sizes, desired board games (no electronics) and specific wish list items. Then, Ms. Carol Cascio, our Office Manager, goes shopping which she is very good at! We also buy Christmas stockings and personalize them with the children’s names, and then stuff the stockings with essentials like tooth brushes and other “stuff” like play dough, slinkies, yo-yos, etc.

Once this is all completed, the school is contacted and a date for drop off is scheduled. The parents are then contacted to come by and pick up the unwrapped gifts from the school, so they can be wrapped and place these gifts under their “Christmas tree”.



1 - Christmas 2018 presents for EH&S's Rock Island Elementary family

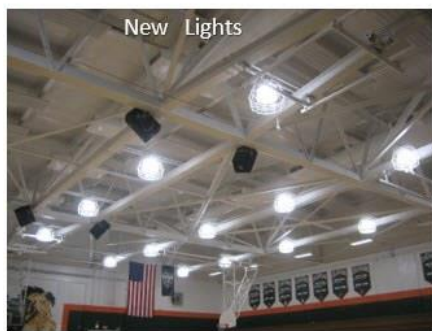
In a perfect world, no child would go without – especially on a Christmas day. We can't solve the world's issues; however, we are overjoyed knowing that we have made a difference in one family's holiday celebration.

Environmental Health & Safety . . . on the Move



2 - Submitted by Gianet Puma, EH&S - Energy Conservation and Energy Management

Main gym



3 - McArthur High School main gym before and after photos

As part of reducing energy consumption and improving the learning environment in school areas, the Energy Conservation/Utility Management Department is looking at retrofitting old, inefficient lights with more energy efficient LED lights. During a site visit at McArthur High, the mini and main Gyms were identified with inefficient metal halide lights. EH&S funding was secured for this project and drawings were produced and permitted. The work was executed during the summer of 2018 and completed the first week of September 2018. Just by looking at the before and after photos, the results are obvious: a significant environment/quality improvement with an estimated 50% electrical load reduction and very satisfied customers (school staff, teachers and students) with the improved LED lighting.



4 - McArthur High School mini gym before and after photos



5 -

- submitted by Hyacinthe Lafontant

EH&S* certifies over 140 District staff in CPR/AED/First Aid during the first 3 months of 2018-2019 school year.

District Policy 5303, states that every school and District location is required to have a minimum of two (2) individuals trained and certified in CPR/AED/First Aid. However, ones' desire to become CPR/First Aid trained and certified should be driven by a much greater personal motivation.

During our work day, we are around others who are trained and willing to step-up and help in the event of an emergency situation. However, when we are at home or alone with someone we love and care about and the situations calls for these skills, we will want to do anything and everything possible to insure their well being.

Watch video https://www.youtube.com/watch?v=F7zACizjqBQ&feature=player_embedded



<https://sway.office.com/Q2K2mVQtURtArJx#content=s1ZQvQnoZweid8>

6 - Aunt saves baby nephew with CPR

CPR – or Cardiopulmonary Resuscitation –is an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can double or triple chances of survival after cardiac arrest.

CPR Facts and Stats:

https://cpr.heart.org/AHA/ECC/CPRAndECC/AboutCPRECC/CPRFactsAndStats/UCM_475748_CPR-Facts-and-Stats.jsp

- *In one year alone, **475,000** Americans die from a cardiac arrest.*
 - *Globally, cardiac arrest claims more lives than colorectal cancer, breast cancer, prostate cancer, influenza, pneumonia, auto accidents, HIV, firearms, and house fires **combined**.*
 - *More than 350,000 cardiac arrests occur outside of the hospital each year.*
 - *The majority of Out of Hospital Cardiac Arrests (OHCA) occurs at public settings (39.5 percent), mostly homes/residences (27.5%) and nursing homes (18.2%).*
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*Special thanks to CPR/AED certified instructors from the SBBC Transportation Department and from One Beat Learning Centers, Inc. for use of their AED trainer machines. EH&S acknowledges that this accomplishment would not have been possible without the support of these two groups. Thank you!

Food Safety Tips

Foodborne Illness Can Cause More than a Stomach Ache!



7 - submitted by Sandra Kanner

Many people don't realize that food safety is *the* most important ingredient in preparing food. The U.S. Food & Drug Administration (FDA.gov) and Center for Disease Control (CDC.gov) web sites share the following minimum tips to keep your food safe and your holidays happy:

CLEAN: Wash hands and surfaces often. Wash your hands with soap and water before and after preparing food, after touching raw meat, raw eggs, or unwashed vegetables, and before eating or drinking.

SEPARATE: Separate raw meats from other foods. Keep meat, poultry, seafood, and eggs separate from all other foods at the grocery store and in the refrigerator. Prevent juices from meat, poultry, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags.

THAW: Safely thaw your turkey in the refrigerator, in a sink of cold water (changed every 30 minutes), or in the microwave. Avoid thawing foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly.

COOK: Cook to the right temperature. Meat, poultry, seafood, and eggs can carry germs that cause food poisoning. Use a food thermometer to ensure these foods have been cooked to the safe minimum internal temperature. Visit the US Department of Agriculture website for a description of various types of thermometers.

CHILL: Refrigerate food promptly. [Keep food out of the “danger zone.”](#) Bacteria can grow rapidly at room temperature. After food is cooked, keep hot food hot and cold food cold. Refrigerate or freeze any perishable food within 2 hours. The temperature in your refrigerator should be set at or below 40°F and the freezer at or below 0°F.



READY-TO-COOK FOODS: Are you aware that eating Ready-to-Cook Foods right out of the package, without cooking, could make you sick?

Cookies are a holiday favorite and this season is a good time to remind ourselves that ready-to-cook foods of all kinds, including raw, packaged cookie dough, do need to be cooked. Eating these kinds of foods right out of the package, without cooking them, could make you sick from bacteria. Cooking them according to the package directions before you eat them kills bacteria.

Do not let children taste raw dough or batter or play with dough at home or in restaurants.

Most people who get sick from bacteria in ready-to-cook foods that are not cooked properly will get better by themselves, although foodborne illness is not a very pleasant way to spend the holidays. Anyone, of any age or health condition, could get very sick or die from these bacteria. This is especially true for people with weak immune systems; for example, the very young, the elderly, and people with diseases that weaken the immune system or who are on medicines that suppress the immune system (for example, some medicines used for rheumatoid arthritis).

Pregnant women also need to be especially careful to follow cooking directions on packages, since some bacteria are very harmful or deadly to unborn babies.

A greater, more menacing danger - Norovirus

Norovirus is a highly contagious virus. Most people who get sick from norovirus will have sudden vomiting, watery diarrhea, and stomach pain. Some people will also have a fever, headache and body aches. It is often referred to as food poisoning or the stomach flu. Norovirus can be more serious for young children, the elderly, and people with other health conditions. It can lead to dehydration, hospitalization and even death. Most people do recover in 1-3 days.

You can get *norovirus* from:

- **Having direct contact with an infected person.** *You are most contagious when you have the actual symptoms of norovirus especially vomiting and during the first few days after you recover from norovirus illness.*
- **Consuming contaminated food or water.** *If you have norovirus, you should not prepare food for others while you have the symptoms and then wait at least two days after symptoms go away.*
- **Touching contaminated surfaces then putting your unwashed hands in your mouth.** When you are sick with the norovirus, you can expel billions of virus particles through vomiting or diarrhea. Make sure to clean up the entire area with a bleach based cleaner, and remove and wash all clothing and linens that may have been exposed.

Norovirus is common. 19 -21 million people get sick with norovirus each year in the US.

Have a great Holiday and Stay Healthy!

Important Information



Safety Lanyards

Wearing proper BCPS identification badges while at our District schools and ancillary locations helps make our campuses more secure and safe. Lanyards can be used to make our BCPS identification badges easier for all to see. If lanyards are used, please purchase safe lanyards! When it comes to selecting lanyards, there are an endless number of options. Remember to ALWAYS purchase breakaway lanyards – this is the most important feature! A breakaway lanyard features a plastic safety breakaway snap that attaches and releases easily. The breakaway function mitigates the risk of choking in the event the lanyard is snagged accidentally or pulled intentionally.

In addition to the breakaway function, student lanyards should contain no metal parts. The hook to hold the ID badge should be made of plastic to prevent injury in the event a student falls onto the hook.

Cover your Cords!

Does your classroom need extension cord covers? EH&S has cord covers, free of charge, to teachers who have trip hazards in their classrooms. Schools can contact EH&S with the room numbers and quantity needed - available in lengths of 3' and 5' as well as 45° or 90° turns. Be sure to include quantity needed for each room in the request.

Florida Department of Health Inspections

Florida Department of Health (FDOH) in Broward County has begun performing annual sanitation and safety inspections at all Broward County Schools as required by Section 381.006(16) of the Florida Statutes. The FDOH inspector will be inspecting classrooms, lavatories, media centers and other areas of the schools to inspect for adequate lighting, proper water temperatures and other safety and sanitation items throughout the schools.

"Winter" Holiday Safety



NFPA provides a wealth of safety information to help ensure the holiday season is a safe one.

Festive celebrations, flickering lights and winter greens are hallmarks of the holiday season, but they also present fire risks that can quickly turn this festive time of year into a devastating one. NFPA works to educate the public about potential fire risks during the holidays, offering tip sheets, videos, and other resources to help everyone safely enjoy the season.

Visit their website at: [NFPA.org](https://www.nfpa.org) for downloadable: gift tags, coloring pages, activity sheets and e-cards for you and your children that promote safety information.



<https://sway.office.com/Q2K2mVQtUREtArJx#content=nDz2CEMLL2YLQG>

"Winter" Celebrations Around the World



Happy...I mean Merry...I mean Mazel Tov...I mean, where am I? "Happy Holidays" in December is an all-encompassing term that covers many special days, from many different cultures. So, depending on where you are during this holiday-saturated time, you may be given a different kind of greeting, and it would be nice to not only know what they mean, but also how to respond and participate in the festivities around you.

Other than that, though, it's great (and important!) to get outside of your comfort zone and your own traditions so you can see and learn—maybe even experience, if you're lucky—different holiday traditions around the world. Knowing about holiday traditions can help you see new cultures in a clearer light, connect with your friends and coworkers who celebrate differently than you, and just overall understand the world on a more beautiful and diverse level. (excerpt from go-abroad.com)



9 - Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world.



10 - New York Christmas with letter to North Pole.



11 - Hanukkah is a Jewish festival commemorating the re-dedication of the Second Temple in Jerusalem at the time of the Maccabean Revolt against the Seleucid Empire. It is also known as the Festival of Lights.



12 - Diwali, Deepavali or Dipavali is the Hindu festival of lights, which is celebrated every autumn in the northern hemisphere. One of the most popular festivals of Hinduism, Diwali symbolises the spiritual "victory of light over darkness, good over evil and knowledge over ignorance."i



13 - Kwanzaa is a celebration held in the United States and in other nations of the African diaspora in the Americas and lasts a week. The celebration honors African heritage in African-American culture and is observed from December 26 to January 1, culminating in a feast and gift-giving. Kwanzaa has seven core principles



14 - Boxing Day is a holiday celebrated on the day after Christmas Day. It originated in the United Kingdom, and is celebrated in a number of countries that previously formed part of the British Empire.



15 - Las Posadas is a novenario celebrated chiefly in Latin America, Mexico, Guatemala, Cuba, and by Hispanics in the United States, beginning 16 December and ending 24 December. Las Posadas is celebrated by Latinos and Spaniards and people who appreciate the culture and holiday of the Mexican and Spanish.



From us to you,

and remember -

share a smile,

it's a gift that cost you nothing.

