

# HEALTH AND SAFETY MATTERS

Promoting a Positive Health and Safety Environment  
Red Deer Public Schools



## Welcome back



### Good Day Team

Hello, hello everyone and welcome back to the new school year. I have been walking around the schools for the last week it is nice to see all the friendly faces of the Teachers and the Administration. Welcome to the Division to all the new hires, including Principals, Vice Principals, Teachers, Education Assistants, Caretakers and anyone I may have missed.

### Shout Outs

I would like to give a big shout out to our Facility Maintenance Crews, this includes our Caretakers, and our Facility Maintenance/Central Services staff, these people have worked hard all summer long to make sure that the schools are in tip top shape when the School season begins. Great job everyone lets make this year epic.

We are saying and have said goodbye to a lot of great people, one of these people is Peter Farmakis. Peter has been the Facility Services Director for a number of years. Peter and his family are moving to the big city. If you happen to see Peter before he leaves, make sure to wish him good luck in the future.

I would like to post the exciting news of our **2025 Caretaker and Maintenance Worker of the year** award winners.

**Caretaker** – Brent Stolee (Head Caretaker at Joseph Welsh)

**Maintenance** – Nicolette VanLanDuyt (Groundskeeper at Facility Services)

Please join me in congratulating these two outstanding workers. Great job

### Hour Zero

As we start our work for the 2025/2026 season, I would like to remind all workers about Hour Zero.

Did you know that Hour Zero :

- Modules have changed up this year, you workers spoke and we listened. The modules to complete this year are Dealing with stress, Mental Health in the Workplace, Workplace Bullying. Teachers will also complete buddy teams.
- Workers are also able to take any modules they would like by going on to your training page. The page will give the course list. You can go to the drop down box and changed assigned to all. This will give you all modules under the Hour Zero Program. Including some modules in French and Spanish.
- An Hour Zero presentation was sent to all Principals and vice Principals, this presentation is a synopsis of the emergency response modules including on alert, evacuation, hold and secure and lock down.
- If you are an Admin users in Hour Zero can you please go through your schools hour zero page and make sure that you have the correct information.

## School/ playground zone

The students are back in school around the province so please remember to slow down and watch for the littles. I have included the city of Red Deer School and playground zones for you.

### School and Playground Zones

School Zones and Playground Zones in Red Deer follow custom times that are simple and easy to remember. Effective times are posted on every sign to remind drivers to slow down and drive with caution.

#### School Zone - 30 km/h

Speed restrictions in school zones are effective **8 a.m. – 4:30 p.m. on school days only**. To make the changes easier for drivers, all signs are equipped with a time tab noting the effective times of that zone.

#### Playground Zone - 30 km/h

Speed restrictions in playground zones are now effective **8 a.m. – 9 p.m. every day**. To make the changes easier for drivers, all signs are equipped with a time tab noting the effective times of that zone.

#### Playground Area - 50 km/h (or previously posted limit)

There are no speed restrictions or set hours in playground areas. Drivers are advised to use caution as there may be children and increased pedestrian activity nearby.

To learn where Red Deer's school and playground zones are located, view the [School and Playground Zone Map \(pdf\)](#).

## Around the Division Health and Safety

- First Aid/CPR classes will resume for workers interested in taking them. I will send sign up sheets to the Principals in the division and they will pass on the information. I will have classes during PD days as well as evening classes. The classes are quite popular, so you may need to wait but I will continue to hold classes as long as workers are interested in taking them.
- First Aid classes will be held during some PD days as well there are a couple of night classes for those who cannot make it during the day but want to take the training.
- Health and Safety inspections start in October, the Health and Safety Committee will meet in September and at this time we will discuss what the inspections will be focusing on. Of course we will always be focusing on the Health and Safety of the Staff and Students.
- Remember to purchase commercial grade furniture to replace other furniture.
- Facility Services also has a surplus of furniture, desks, lockers held in storage. It is used furniture, but some may be of interest to a school.

## Weather in Alberta

Well we did not have the long hot summer that the Farmers almanac predicted for this region. We did have a good summer with lots of healing rains. It has been lovely, everything looks so green and lush.

Here is the Farmers Almanac predictions for the winter of 2025-2026 including Calgary, Edmonton, Regina, Winnipeg

- Temperatures: Above normal
- Coldest periods: Late November, early December, early February
- Precipitation: Above normal
- Snowfall: Below normal; snowiest stretches in late November, early December. We shall see

# Safety and Health in the Workplace

## Across

2. Close one

\_\_\_\_\_ in the filing cabinet before opening another

6. It is easy to use a fire extinguisher if you remember the word \_\_\_\_\_

9. \_\_\_\_\_ shoes protect your feet

11. Reporting unsafe acts and unsafe conditions can help prevent \_\_\_\_\_

14. When an accident or incident happens \_\_\_\_\_ it immediately

15. A \_\_\_\_\_ is the likelihood of a hazard causing injury or damage

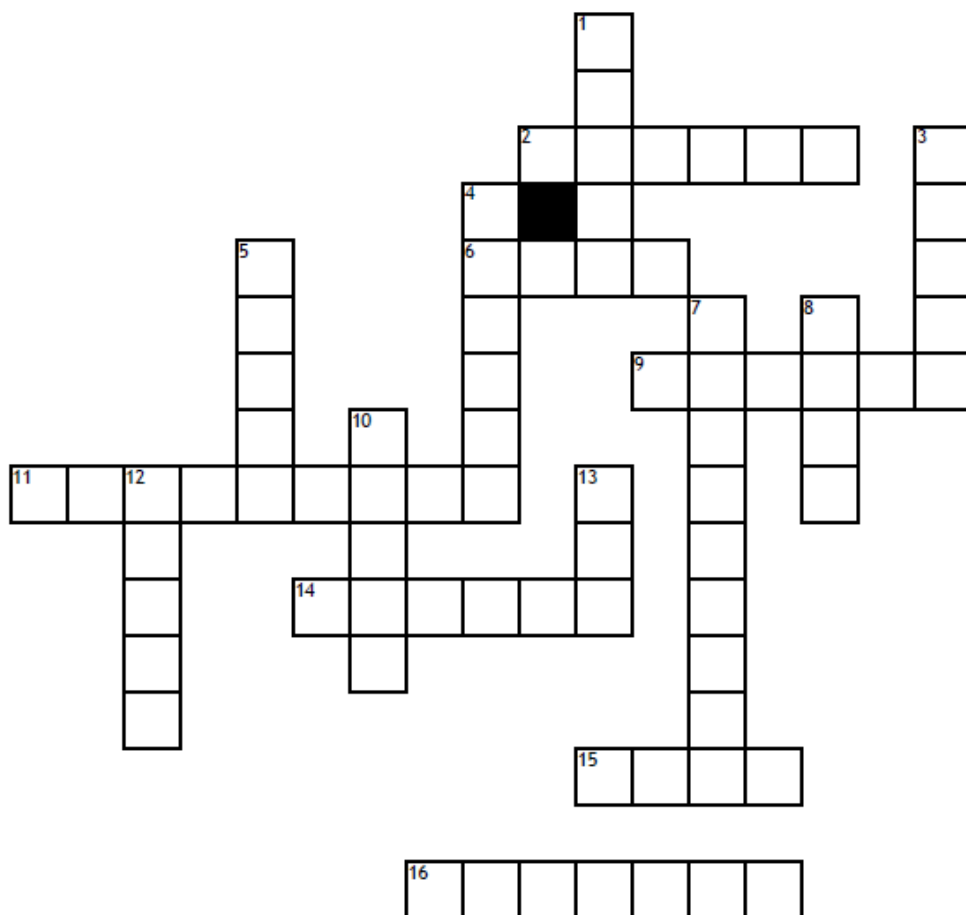
16. Whether you are sitting, standing or lifting use proper \_\_\_\_\_ to prevent muscle strains

## Down

1. Never touch exposed \_\_\_\_\_

3. Store \_\_\_\_\_ items in lower drawers or on lower shelves

4. Clean up \_\_\_\_\_ immediately, they are a slip hazard



5. Never let your \_\_\_\_\_ down on safety

7. When climbing the stairs, use the \_\_\_\_\_

8. An 'almost' accident is a \_\_\_\_\_ miss

10. When lifting an object, lift with your \_\_\_\_\_

12. Keep emergency exits \_\_\_\_\_

13. An unsafe \_\_\_\_\_ is unsafe behavior



## Crossword answers

### Across

- 2. Drawer
- 6. PASS
- 9. Safety
- 11. Injury
- 14. Report
- 15. Risk
- 16. Lifting

### Down

- 1. Wires
- 3. Heavy
- 4. Spills
- 5. guard
- 7. Handrails
- 8. Near
- 10. Knees
- 12. Clear
- 13. Act

## Recipe of the month French Onion Casserole

### Ingredients

- 5 Tbsp. olive oil, divided
- 2 Tbsp. unsalted butter
- 4 medium yellow onions, thinly sliced
- 2 tsp. kosher salt, divided
- 1/2 tsp. freshly ground black pepper
- 8 oz. baby bella mushrooms, sliced
- 5 sprigs fresh thyme, plus more for garnish
- 5 garlic cloves, minced
- 1 cup dry white wine
- 4 cups beef broth
- 1 Tbsp. Worcestershire sauce
- 1 lb. farfalle pasta
- 2 oz. cream cheese
- 1 Tbsp. red wine vinegar
- 5 oz. thinly sliced French bread  
(about 3 1/2 cups), torn in half
- 1 cup shredded low-moisture mozzarella  
cheese
- 1/2 cup shredded gruyere cheese

### Directions

Heat 3 tablespoons of olive oil and the butter in a large Dutch oven over medium-low heat. Add the onion, 1 1/2 teaspoons of salt, and pepper; cook, stirring occasionally, until the onion is very soft and a deeply golden brown, 15 to 20 minutes. Add the mushrooms, thyme, and garlic and cook until the mushrooms begin to soften, 3 to 5 minutes.

Stir in the wine and cook until it is almost completely evaporated, about 2 minutes. Pour in the beef broth, 3 cups of water, and Worcestershire sauce. Bring to a boil over medium-high heat. Add the pasta and cook, stirring frequently until al dente, 10 to 11 minutes. Remove the thyme sprigs. Stir in the cream cheese and red wine vinegar.

Turn the broiler on high. Brush or drizzle the bread with the remaining 2 tablespoons of olive oil and sprinkle the remaining 1/2 teaspoon of salt. Top the pasta with the bread and sprinkle with the mozzarella and gruyere cheese. Broil until the cheese is deeply golden, 2 to 5 minutes, keeping a close eye on the pasta. Let stand for 5 minutes before serving with extra thyme sprinkled on top.