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NEWCASTLE PERMANENT
**CHARITABLE
FOUNDATION**

SeeMore Safety
BULLETIN 1 2019

NEW SCHOOLS NEW RULES NEW ROUTINES

The new year brings many new things with it including the hopes and dreams of bright eyed children enjoying their time away from parents and caregivers as well as new responsibilities as they grow into individuals responsible for their own actions.

Our mission is to help educate children and empower them to make great choices in the real world, while having fun and staying safe.

Children from the age of 4 are capable of learning and responding to their surroundings in positive ways to ensure that they are safe in everyday situations.



ROLE MODEL

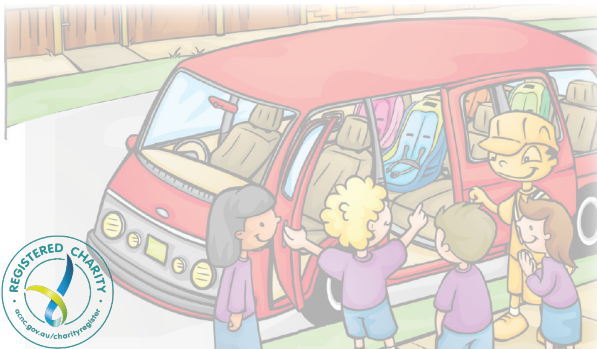
Your children learn from their environment and the people around them. Model great behaviour to teach your little ones how to stay safe.

In the Car

- Make sure children have correctly fitted seats and seatbelts
- let the children exit the car on the kerb side
- follow the road rules and avoid distractions such as phones
- Stay alert and respect parking signage or restrictions
- supervise your children near traffic and driveways

On the Street

- Spend time educating your children about road safety
- Hold your child's hand when crossing the road or ensure that they are holding onto you, a pram or something if you do not have a spare hand.
- use pedestrian crossing if possible and talk through your process of looking left then right and left again.



Keep distractions to a minimum when driving.

Your phone calls and texts can wait until you have arrived at your destination.

STAY COOL OVER SUMMER

TRY TO MINIMISE SUN EXPOSURE
BETWEEN 10 AM AND 4PM

HAVE SHADED AREAS TO PLAY IN

MAKE SURE THERE IS ALWAYS
DRINKING WATER AVAILABLE

APPLY SUNSCREEN 15 – 30 MIN BEFORE
SUN EXPOSURE

MODEL BEING SUN SMART
GIVE YOUR PETS SHADE
AND PLENTY OF WATER.

