

Lockdown Drill Today

Wednesday, May 10



Safety FIRST!

The staff of Cardston Elementary School has developed and established lockdown guidelines and procedures for the school. Students will be practicing these procedures at a school wide drill, within their classrooms next week, **Wednesday, May 10** at 9:00 a.m..

It is important for the children to be prepared and have an understanding of what is taking place. Knowing how to respond in case of an emergency situation will help to reduce their anxiety.

Some things parents can do to help their children understand why we practice lockdowns:

- ❖ During quiet time at home, talk to your child about the various drills they may encounter at school.
- ❖ Role-play the parts of student and teacher (swap roles) to show your child exactly how it might sound and feel to be involved in a drill.
- ❖ Reassure your child that while these drills may feel scary, the teachers are just helping them learn how to think and react in an emergency, which is unlikely to happen.
- ❖ If your child has anxiety about drills, speak to their teacher about it so the teacher can be aware and help your child.

The most important thing to remember is that you know your child better than anyone else. You can do more to ease their anxiety if you plan ahead and talk about school drills.