

ELK ISLAND STUDENT TRANSPORTATION SAFETY NEWSLETTER

FEBRUARY



HAPPY VALENTINES DAY FROM STUDENT TRANSPORTATION!

*To: Chanel (Rt 108)
From: Student Transportation
Chanel took a child home to Ardrossan from Fultonvale transfer after he arrived there on the wrong bus. Not only did she go out of her way to get the child home safe, but she also waited there for a parent to arrive home.
Thanks Chanel!*

*To: Lois (Rt 95)
From: Student Transportation
Lois is always very pleasant and understanding over both the phone and radio.
Thank you,
Lois!*

*To: Lisa (Rt 73)
From: Student Transportation
Lisa remained calm and handled herself very well after a collision.
Thank you,
Lisa!*

*To: Alison (Rt 80)
From: Student Transportation
Alison noticed that a child got on the bus without her sibling. To be safe, she radioed Transportation to call the children's parents. When mom was called, she found the sibling hiding near the front steps. Thank you for showing concern for the students on your bus, Alison!*

To: Julie (Rt 14) & Michelle (Rt 35)
From: Student Transportation

Both Julie and Michelle are doing an amazing job of ensuring all their students have bus passes when riding the bus.
Thanks, ladies!

To: Devlyn (Rt 123)
From: Student Transportation

Devlyn was involved in a minor collision but followed all proper EIPS procedures. When she noticed that the other vehicle was crowding her lane, she pulled over to the right as far as possible and stopped. She contacted ST right away.
Good job, Devlyn!

To: Jeffrey (Rt 141)
From: Student Transportation

Jeffrey is always willing to give out positive conduct forms when his students are behaving well. He is also always friendly, bubbly, happy, and positive.
Thanks, Jeffrey!

To: Tanya (Rt 121)
From: Student Transportation

Tanya saw an oncoming vehicle sliding out of control toward the front of her bus, but she was able to take emergency evasive action to avoid a collision and save anyone from being injured.
Great work,
Tanya!

The Heart & Stroke Foundation of Canada is fundraising to help fund the next medical breakthrough to create #MoreMoments for all Canadians.

Working in a sedentary job, like driving a bus, makes one more susceptible to heart disease and stroke. Prevention is the key. Many risk factors for heart disease and stroke are in your power to control. Here are some heart healthy tips of diet, exercise, and stress management.

Eat Smart for a Healthy Heart

- Each day try to consume a variety of real unprocessed foods and watch portion sizes.
- Eat plenty of produce (2 ½ cups of veggies and 2 cups of fruit/day) in a variety of colors.
- Choose whole fruits over juice for more fiber.
- Get more whole grains. Whole grains retain the bran and germ thus more nutrients and fiber.
- Limit refined grains that contain added sugar. White bread, pasta have little or no dietary fiber.
- Be aware of liquid calories in sugary drinks like pop and specialty coffee.
- Enjoy more fish and nuts. These foods contain healthy unsaturated fats.
- Cut down on Animal fat. Saturated fats from red meat and processed meat boost LDL ("bad") cholesterol.
- Choose lean meats, skinless poultry and low-fat dairy products more often.
- Shun trans-fats. Many processed foods such as commercial baked goods and fast food (like French fries) contain unhealthy amounts of trans-fats.
- Keep sodium down, potassium up. Potassium-rich foods include citrus fruits, bananas, potatoes, beans and yogurt.

Eating healthy on a budget can seem difficult, but it can be done. Be creative and incorporate some different - but healthy - foods into your weekly meal planning, such as beans, lentils, yogurt, and sweet potatoes. Check out this link for some healthy foods under \$1 per serving: http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/Howto-MakeaHealthyHome/Healthy-Foods-Under-1-Per-Serving_UCM_303809_Article.jsp#.WKDSL0zVaQ



It is also very important to **get moving!** Incorporate movement into your daily routine. Try walking 10,000 steps a day for a healthy heart.

Managing stress will also help you feel better every day and lower your risk for illness. Try the following to help reduce and manage stress:

1. Know what stresses you out
2. Find your coping method
3. Get rid of stress daily

Happy Valentine's Day from all of us at Student Transportation!