

Bayonne Board of Education

Office of the Superintendent

669 Avenue A, Bayonne, NJ

201-858-5800 www.bboed.org



Dress for the Weather

Dear Parent/ Guardian:

This winter has produced some extremely cold weather in a short period of time with temperatures dipping below freezing! Extreme low temperatures are dangerous and can be life-threatening if proper precautions are not followed.

It might seem obvious, but piling on a few extra layers is a great way to stay warm, especially if you have to be outside. Keeping your core warm is especially important when temperatures dip below freezing, so try wearing an extra shirt or two under your coat.

Hypothermia is most likely to begin in extremities like your hands and feet, so keeping your toes warm is important. Whether you're walking to work or just around the block, make sure to wear sturdy, insulated shoes that will help prevent slips on slick surfaces and keep your feet dry.

At this time of year, it is a good idea to talk with your children about cold weather safety. Extra care is needed, especially in younger children, to be sure that frostbite

does not occur. Frostbite is an injury to the body caused by freezing body tissue. The susceptible parts of the body are the extremities such as fingers, toes, ear lobes, or the tip of the nose. Symptoms include a loss of feeling in the extremity and a white or pale appearance. Medical attention is needed immediately for frostbite. The area should be SLOWLY re-warmed.

We have included some tips on how to dress during cold weather. For more information on cold-related health problems and outdoor safety visit the web site from the Centers for Disease Control and Prevention (CDC) at: <http://www.emergency.cdc.gov/disasters/winter/>.

Sincerely,

A handwritten signature in black ink, appearing to read "Michael A. Wanko".

Dr. Michael A. Wanko

Interim Superintendent

American Red Cross – Ten Steps to Stay Safe during the Cold Weather

- 1. Layer up!** Wear layers of lightweight clothing to stay warm. Gloves and a hat will help prevent losing your body heat.
- 2. Don't forget your furry friends.** Bring pets indoors. If they can't come inside, make sure they have enough shelter to keep them warm and that they can get to unfrozen water.
- 3. Remember the three feet rule.** If you are using a space heater, place it on a level, hard surface and keep anything flammable at least three feet away – things such as paper, clothing, bedding, curtains or rugs.
- 4. Requires supervision** – Turn off space heaters and make sure fireplace embers are out before leaving the room or going to bed.
- 5. Don't catch fire!** If you are using a fireplace, use a glass or metal fire screen large enough to catch sparks and rolling logs.
- 6. Protect your pipes.** Run water, even at a trickle, to help prevent your pipes from freezing. Open the kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals out of the reach of children. Keep the garage doors closed if there are water lines in the garage.
- 7. Better safe than sorry.** Keep the thermostat at the same temperature day and night. Your heating bill may be a little higher, but you could avoid a more costly repair job if your pipes freeze and burst.
- 8. The kitchen is for cooking.** Never use a stove or oven to heat your home.
- 9. Use generators outside.** Never operate a generator inside the home, including in the basement or garage.
- 10. Knowledge is power.** Don't hook a generator up to the home's wiring. The safest thing to do is to connect the equipment you want to power directly to the outlets on the generator.

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Moving From Good to Great”*