

### **School, Community & Personal Safety**

STB First Friday Special - Friday, February 7th, 2025

#### **C Day**

7:15 - 8:15 AM	Student Arrival. Students Check-In with <b><u>C Period</u></b> teacher.
8:15 - 8:20 AM	C Period Homeroom, attendance. Students will be called down at 8:20.
8:20 - 8:45 AM	Morning meeting and announcements in the auditorium.
8:45 - 9:30 AM	ALICE Training- auditorium w/ Mr. Macioci
9:35 - 10:05 AM	Students return to C period. Table Talk discussions.
10:15 - 10:40 AM	Breakout Session 1
10:50 - 11:15 AM	Breakout Session 2
11:25 - 11:50 AM	Breakout Session 3
11:55 AM - 12:00 PM	Students return for C period. Final attendance. <i>"What did you learn?"</i> class discussions.
12:00 PM	Dismissal

## Breakout Sessions

3 Sessions. All Sessions run for 25 minutes.

Breakout Session 1	Breakout Session 2	Breakout Session 3
10:15 - 10:40 AM	10:50 - 11:15 AM	11:25 - 11:50 AM

Workshop	Description	Instructor(s) and STB Host	Location
<b>Navigating Your World Safely</b>	MA State Trooper Officer Farrah Gray will discuss the importance of staying aware of your surroundings, making smart decisions, and looking out for one another to ensure personal safety. The MSP will encourage students to build positive relationships with their community, explaining how trust between troopers and citizens create a safer environment for everyone	MA State Trooper Farrah Gray <i>Hosted by: Mrs. Merilus</i>	Rm. 404
<b>Fire Safety Fundamentals</b>	Local firefighter and community educator Matt Fraticelli will discuss some ways students can make sure they are staying safe at home, and how they can prevent house fires	Fitchburg Firefighter Matthew Fraticelli <i>Hosted by: Mr. Gillis</i>	Rm. 44
<b>"Let's Talk": Healthy and Safe Relationships</b>	Rose Guitare is a Community Health Educator affiliated with the local organization Making Opportunity Count (MOC). In this session, students will work to increase their knowledge on topics that are important to healthy and safe relationships, to include recognizing "red-flags"	Community Health Educator Rose Guitare <i>Hosted by: Senor G</i>	Rm. 48
<b>CPR Basics</b>	CPR/AED basics taught by Mr. Parisi and your peers on proper CPR technique and recognizing what to do during a witnessed cardiac arrest. Hands on training will be conducted with manikins along with covering other rescue techniques and procedures.	Firefighter, School Counselor Mr. Parisi	Media Center
<b>Bystander Intervention: See Something, Say Something</b>	What is the bystander effect? How can we recognize and respond to bullying? <b>***Bring Laptops***</b>	Mr. Dee	Rm. 46
<b>Safe Eats</b>	Why expiration dates matter, and how understanding food safe	Ms. Faiella	Rm. 47

	temperatures can keep you safe!		
<b>Weather The Storm</b>	Preparing yourself for winter storms, and other potential natural disasters *** Bring laptops***	Mrs. Fournier	Rm. 49
<b>Hiking Safe and Sound Family Feud</b>	Hiking is a great way to enjoy nature, stay fit, and spend time with family and friends. Come play Family Feud and test your knowledge on hiking safety, camping and first aid!	Scout Leader Ms. Tullio <i>Hosted by: Mr. Constantino</i>	Rm. 402
<b>Substance Abuse Awareness</b>	Understand the effects and dangers of substance abuse	Ms. Laughlin	Rm. 406
<b>Car Smarts: Vehicle Safety</b>	A refresher, or introduction, to how to keep yourself safe on the road and around pedestrians	Mrs. Long <i>Hosted by: Mr. DeLisle</i>	Rm. 205
<b>News You Can Use: Stay Informed</b>	How keeping up with current events in the news, and recognizing bias, can help keep you safe, and feel prepared *** Bring laptops***	Mr. Cussen	Rm. 201
<b>Find Your Tribe: How Community Shapes Success</b>	Success isn't a solo journey. Success is built on the connections we make along the way. In this interactive session, we'll explore the power of community in success and making right decisions, identify the key people who can support your growth, and create a plan to strengthen your community	Mr. Rivera	Rm. 202
<b>Social Media Wellness</b>	Discussing the good, the bad and the ugly of social media use  ***Bring Laptops***	Leila Hammad-Therrien and Mrs. Merrill	Rm. 304