

Congratulations to the 2021-2022 Facility Inspection Award Winners

K-8 School District
Soulsbyville School District

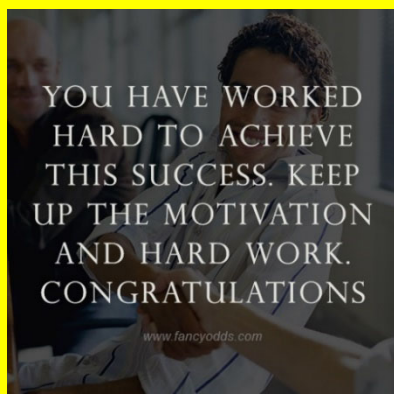
High School District
**Bret Harte Union High
School District**

Multi-Site School District
**Jamestown Elementary School
District**

Unified School District
**Calaveras Unified School
District**

Office of Education
**Tuolumne County
Superintendent of Schools**

The Tuolumne JPA recognizes and appreciates the hard work and dedication from each and every one of you. You have all done a tremendous job at keeping your district sites safe. Keep up the good work!



Child Abuse - Mandated Reporter FAQ's



***All Employees of California Public Schools
Are Mandated Reporters***

What is CANRA?

- ✓ CANRA stands for the Child Abuse and Neglect Reporting Act, and can be found in sections 11164-11174.3 of the California Penal Code.
- ✓ CANRA is a set of laws that was passed in 1980 to provide definitions and procedures for mandated reporting of child abuse.
- ✓ Over the years, numerous amendments have expanded the definition of child abuse and the persons required to report.

What is a Mandated Reporter?

- ✓ Mandated reporters are individuals who are mandated by law to report known or suspected child maltreatment.
- ✓ They are primarily people who have contact with children through their employment.
- ✓ Mandated reporters are required by the state of California to report any known or suspected instances of child abuse or neglect to the county child welfare department or to a local law enforcement agency (local police/sheriff's department).

Who should report?

- ✓ **All employees of California Public Schools**
 - School personnel play a key role in identifying and helping abused children. Children spend the majority of their day in school, where you have regular contact and the ability to observe changes in appearance and behavior that others may not notice.
 - School personnel are often seen as positive role models and may be a source of support and care for many children; you may be the one trusted adult to whom a child confides in about abuse. It is critical

CDC Guidelines for Heat and Outdoor Workers

People who work outdoors are more likely to become dehydrated and get heat related illness.

WARNING!

If you feel **faint** or **weak**, **STOP** all activity and get to a cool place.

If you have to work while it is hot outside:

- [Prevent heat illness with acclimatization.](#)
- Drink plenty of water, and don't wait until you are thirsty to drink.
- Avoid alcohol or liquids containing large amounts of sugar.
- Wear and reapply sunscreen as indicated on the package.
- Ask if tasks can be scheduled for earlier or later in the day to avoid midday heat.
- Wear a brimmed hat and loose, lightweight, light-colored clothing.
- Spend time in air-conditioned buildings during breaks and after work.
- Encourage co-workers to take breaks to cool off and drink water.
- Follow these [additional tips](#) on how to prevent heat-related illness.

Learn how to spot heat-related illness

- **Seek medical care immediately** if you or a co-worker has [symptoms of heat-related illness](#).

Heat Stroke - what to look for:

- High body temperature (103° or higher)
- Hot, red, dry or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

What to do:

- **Call 911 right away – heat stroke is a medical emergency**
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath

that you know how to recognize the signs and report suspected abuse.

How do I report?

- ✓ Mandated reporters must report to a county child welfare department or to local law enforcement (police or sheriff's department) immediately by phone. A written report must be sent within 36 hours by fax, or it may be sent by electronic submission, if a secure system has been made available for that purpose in your county. Written reports must be submitted on the California Suspected Child Abuse Report Form 8572. This form can be downloaded [here](#).

Can I report the abuse or neglect anonymously?

- ✓ **No.** Mandated reporters must identify themselves to the county child welfare department when making child abuse or neglect reports.
- ✓ However, persons who are not legally mandated reporters may make anonymous reports.

If I tell my supervisor about my concerns of abuse or neglect, have I met the obligation for mandated reporting?

- ✓ **No.** Telling a supervisor does not meet the mandated reporter requirement. If a decision is made that the supervisor will complete and submit the report to the county child welfare department or law enforcement agency, then one report is sufficient.

Post COVID-19



Tips to Stay Healthy as the Pandemic Eases

To stay healthy as you reintegrate into the world, here are six things you should integrate into your life.

1. Eat well

- Diet is a meaningful way to keep your mind and body running well
- Diet plays a crucial role in either increasing or reducing stress

CDC Guidelines for Heat and Outdoor Workers (continued)

- Do not give the person anything to drink

Heat Exhaustion – what to look for:

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)
- Move to a cool place
- Loosen clothes
- Put cool, wet cloths on body or take a cool bath
- Sip water

What to do:

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour



Heat Cramps – what to look for:

- Heavy sweating during intense exercise
- Muscle pain or spasms
- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Get medical help right away if:

- Cramps last longer than 1 hour
- You are on a low-sodium diet
- You have heart problems

Heat Rash – what to look for

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

What to do:

- Stay in a cool, dry place
- Keep the rash dry
- Use body powder to soothe the rash

- The fuel you put in your body can work as a defense against illness and help your body work at its peak performance level

2. Exercise daily

- Daily exercise can reduce your chances of getting either a virus or a long-term disease.
- Exercise can increase your immunity to certain illnesses while also reducing your stress hormones



3. Time in the Sun

- Vitamin D, which you get from exposure to natural sunlight, is great for your immune system
- Consistent exposure to safe sunlight can help reduce the risk of illness, infections, and some cancers

4. Drink water

- When you integrate back into normal life, be intentional about your water intake.
- It helps rid your body of toxins, making sure your body systems function properly and helps prevent illness

5. Mental Wellness

- Stress has been shown to weaken the immune system, dampening its ability to function
- Taking care of your mental health can help you avoid mood disorders like depression or anxiety, reduce risk of infection, and less prone to feeling unmotivated

6. Sleep

- Both the length and quality of sleep have been shown to impact immune health
- Your body needs sleep to fight infectious diseases
- For adults, sleeping 7-9 hours a night is optimal
- Infection-fighting antibodies are reduced when you do not get enough sleep, making you more vulnerable to disease

The material in this newsletter should be part of your Injury & Illness Prevention Plan (IIPP).