Community Resources:

Local Food Banks:

Second Harvest Food Bank

136 Harvest Lane

Maryville, TN

Phone: (865) 521 - 0000

 Shepherd of Hope Food Pantry 225 Jamestowne Blvd. Knoxville, TN 37934

Phone: (865) 966 - 9626

Salvation Army

 Salvation Army of Knoxville 409 N. Broadway Knoxville, TN 37917 Phone: (865) 525 - 9401

Goodwill

 Goodwill of Farragut 148 West End Ave. Knoxville, TN 37934 Phone: (865) 675 - 6470

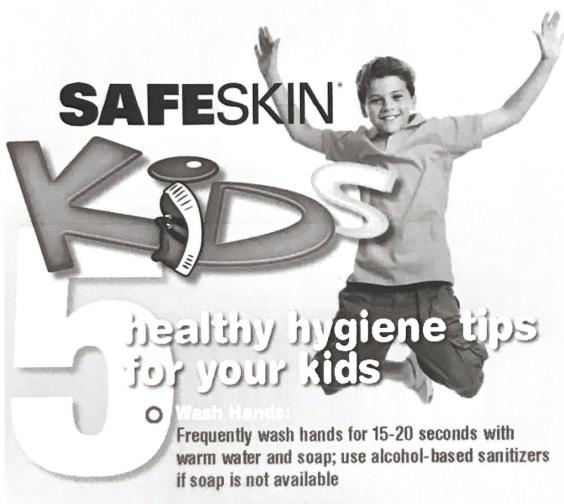
Bruised and Battered Women's Shelter

Steps House

1201 Valley Ave. Knoxville, TN 37920 Phone: (865) 609 - 8562

American Red Cross

 American Red Cross of East TN 6921 Middlebrook Pike Knoxville, TN 37909 Phone: (865) 584 - 2999



- Shower after Stories

 Shower after participating in athletic activity or after sharing sports or workout equipment
- O No Sharings
 Never share personal hygiene items
 including towels, soap, brushes or clothing
- O Dry & Cleans
 Keep all cuts, scrapes, wounds or
 burns clean and dry
- O Keep it Covered:
 Use proper bandages on all wounds

5 Body Safety Rules Every Kid Should Know

(e)

- Your Body is Your Own
 It's okay to say, "NO!" to hugs, tickling, or touching.
- Be Nice to Your Body

 Feed it. Get enough sleep. Protect it from sun or cold.
- You Should Always Feel Safe Speak up if someone is making you feel anxious or uncomfortable.
- Parts of Your Body are Private

 If a swimming suit covers it, no one should touch it.
- No Secrets

 Don't keep secrets from your parents. It's safe to talk to them.

PlanningPlaytime.com

10 tips to fight the flu





Get the flu shot

It is important to get the influenza vaccination each year to continue to be protected, since it wears off after 3 to 4 months. Flu strains also change over time.



Keep surfaces clean

Clean surfaces such as your keyboard, telephone and door handles regularly to get rid of germs.



Wash your hands

Good hygiene is one of the best ways to help prevent a cold or flu from spreading. Wash your hands regularly with soap and water.



Self-care at home

In most cases you can treat mild cold or flu symptoms at home.



Cover coughs and sneezes

Cover your mouth and nose when coughing or sneezing. Preferably with your elbow rather than your hand.



Don't rely on antibiotics

Antibiotics won't cure a cold or flu as these illnesses are caused by viruses. Antibiotics only work for bacterial infections. Check if your cold and flu medication will help relieve symptoms on healthdirect's medicine directory.



Bin your tissues

Throw disposable tissues in the bin immediately after using them.



Know the symptoms of a cold versus flu

A cold is not life-threatening and although uncomfortable does not require visit to a GP. A flu can escalate and may require medical attention.



Avoid sharing

Try not to share cups, plates, cutlery and towels with other people, as this could spread germs.



Check your symptoms first

Use the healthdirect Symptom Checker via the app or website, or call 1800 022 222, to determine if your symptoms require a visit to the emergency department, a visit to your GP or can be managed at home.



- · Tell the person who is bullying you to STOP!
- Get HELP Immediately. Tell your parents, teacher, counselor, or principal. Reporting is not tattling or snitching.
- Do not fight back physically.
- · Be proud of who you are.
- Be strong. Do not show anger or fear. Students that bully like to see that they can upset you.
- Keep safe. Avoid situations and people where bullying happens.
 - Avoid areas where there are not many students or teachers around
 - Sit with a group of friends at lunch
 - Take different routes through hallways and walk with friends to your classes.
- Get involved. Join clubs, organizations, student groups that promote safety and respect.
- Start a club or an anti-bullying campaign to promote peace and tolerance.
- Never share your personal information or give your password to friends.



IF YOU WITNESS BULLYING ...

If safe, stand up. It only takes one person to make a difference. You can say, "Stop, don't bother him." or you could redirect the situation by saying, "Let's go, the teacher is coming."

Don't join in. If you see someone being bullied, don't join in. If the bully tries to get you to help, say no, and walk-away.

Stop the rumors. Don't spread rumors. You don't want anyone talking about you, so don't do it to someone else! If someone gossips to you, let it end with you—don't pass it on to others. You can even tell that person you're not interested.

Tell an adult. Don't be a bystander and watch while someone is being hurt. Tell an adult about the situation. It's not tattling or snitching to keep someone safe. You can ask the adult to keep your identity private.

Be a friend. Help the person who was bullied and make sure he or she is okay. Encourage him or her to talk to an adult. You can also invite that person to join you for lunch or other things.

