Emergency Preparedness (E-Prep) Monthly Meeting

October 1, 2025

Agenda

Introductions

Partnerships

Safety and security update:

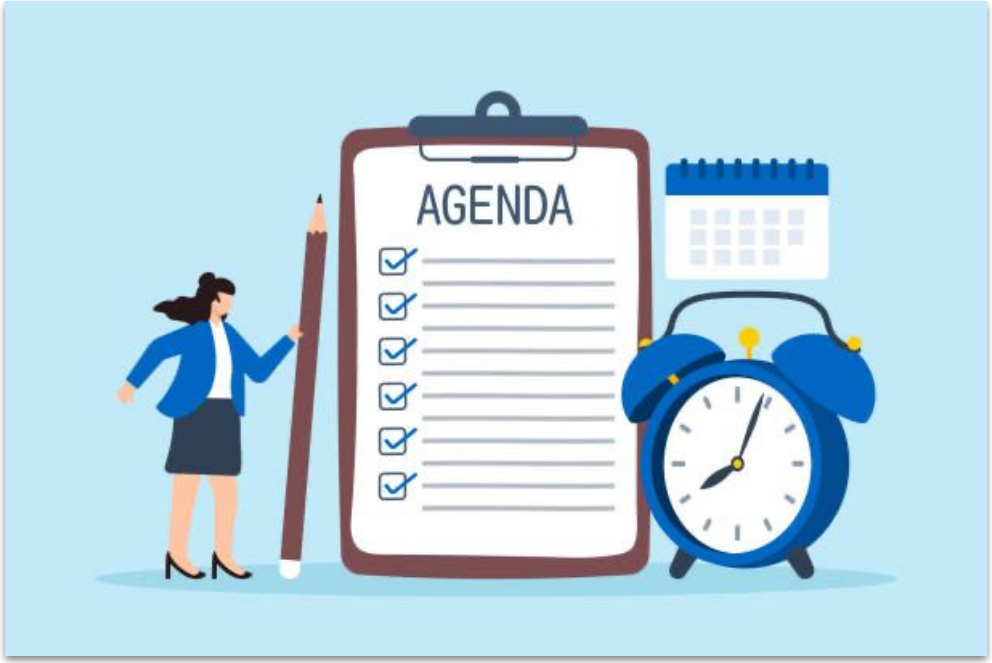
- Cedric Collins
- Tom Petersen

Building Safety Designations

Upcoming Activities

CERT Training

Action Items



E-Prep Team

E-Prep is a subcommittee of the Northshore Council PTSA and includes representatives from every school

Vision: To achieve a Whole Community approach to emergency preparedness and resilience, as set forth by the Federal Emergency Management Agency (FEMA), within our school communities throughout NSD. The Whole Community approach emphasizes that emergency preparedness is a shared responsibility, calling for the involvement of everyone to create a secure and resilient community.

Mission: To provide training, networking, and support to PTSA parents and emergency preparedness chairs from each school, fostering collaboration between the school and PTSA. We aim to assist in the management of emergency plans, supplies, preparedness education, community engagement, and the support of drills. This will be achieved by building strong relationships with the school administration, emergency coordinator, nurse, and custodial staff.

Monthly meeting are recorded and can be found HERE

Values:

Equitable

Dedicated

Integrity

Teamwork

Collaborative

Creative

Proactive

Professional

Questions? eprep@northshorecouncilptsa.org

2025-2026 Council E-Prep Co-Chairs

Tracy Jokisch

- Worked in emergency medicine and orthopedics for 20 years
- PTSA emergency preparedness for 22 years
- Helped establish district reunification and Stop The Bleed
- Community Emergency Response Team (CERT)

Jen Jennings Carr

- Former emergency management planner, trainer, led drills/exercises for Sandia National Laboratories and City of Bellevue
- Assisted Seattle Office of Emergency Management with Emergency Management Accreditation Program (EMAP) reaccreditation
- Emergency Operations Center (EOC) experience and OSO Slide EPI

Please add your name, school, and email in the chat. Thank you!

E-Prep Chair Role

1. Start a conversation with your school's E-Coordinator, Vice Principal, and Nurse
   - What are the needs, and do you need a grant from your PTSA?
   - Status of your supplies container?
   - Reunification box and equipment – do they need floor signs?
   - Are staff trained to use a Stop the Bleed kit or ACT to Save a Life?
   - Who has received CERT training?
2. Contact your PTSA Board Treasurer and determine your budget
   - Do you have funds? Do you need a fundraiser?
   - What education or seminar topics are needed?
   - Tom is available to present, help, and educate
3. Put together a PTSA E-Prep news article - share it on your website and other E-Prep Chairs

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E-Prep Chair Training

Who should attend:

- PTA/PTSA E-Prep chairs (experienced or new)
- PTA/PTSA President or Vice President interested in understanding
- Any active PTA/PTSA member interested in E-Prep

Proposed dates/times: add suggestions in the chat.

Topics:

- Recap Mission, Goals, and Values
- Overview of E-Prep Chair Roles and School E-Coordinator, Vice Principal role
- What is preparedness advocacy?
- Creating a culture of preparedness
  - What is CERT and why take it?
- Council E-Prep website resources
- Connecting with other chairs in the feeder pattern
- Tips for E-Prep chairs

Partnerships

Northshore Council PTSA 6.10

WOODINVILLE

City of Bothell™

KENMORE BY THE LAKE

SOUTH COUNTY FIRE EMS

King County

NEMCo NORTHSHORE EMERGENCY MANAGEMENT COALITION

Snohomish County Washington

NORTHSHORE SCHOOLS FOUNDATION

Northshore School District

Topics

2025-2026 Budget

Visitor Management System

Containers

Water and food supplies

Reunification

Training: CERT, ACT to Save a Life

Emergency Operations Plans (EOP)

Alert-avoid-deny-defend

School drills

Locks

Cameras

Radios

STANDARD REUNIFICATION METHOD™

Emergency Preparedness

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i love u guys FOUNDATION®

Partnerships: Cedric Collins

- Director of NSD Safety & Security
- Formerly of Winston-Salem School District in North Carolina, where he oversaw security for the district's 81 schools and 22 additional school properties
- Bothell Police Department for more than 23 years

ccollins@nsd.org, 425-408-7745

Partnerships: Tom Petersen

- NSD Emergency Preparedness Coordinator
  - E-Prep Teacher on Special Assignment (TOSA)
  - Monitors state-mandated drills and builds partnerships between District staff and the Northshore community
- Discussion points
  - All containers at schools have a base level of essentials with an annual rotation/replenishment of food and water
  - New sheds have been installed with more on the way
  - Next district drill is TBD (possibly at Pop Keeney); trying to set a date soon form admin-building meeting to refresh/remind of assignments

tpetersen@nsd.org

Building Safety Designations

Hold: Keeps hallways and common areas clear of occupants (examples: medical incident, privacy issue, or altercation)

Secure: Safeguards people within the building due to a potentially harmful hazard (examples: police activity in the area, suspicious people or wildlife near or on campus)

Lockdown: Secures individual rooms and keeps occupants quiet and in place to isolate students and staff from active threats of violence (examples: confirmed explosives, armed intruders, and other mortal threats)

Evacuate: Moves people from one location to a different location or out of the building (examples: fire, chemical spills, earthquake, or threats)

Shelter/Shelter-in-Place: Limits exposure of students and staff to violent weather and hazardous materials (examples: windstorms and lightning, chemical or other contaminants released into the environment)

Emergency Preparedness — Northshore Council PTSA — Preparedness is Everyone's Job.

Above terminology taken from I Love U Guys Foundation ILoveUGuys

Upcoming Activities

October 11th (Saturday): NEMCO is offering a Community Preparedness Fair

October 16th (Thursday): The Washington Great Shake Out at 10:16 am

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Training: Community Emergency Response Team (CERT)

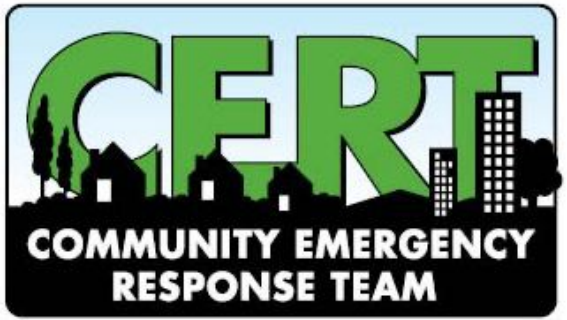
This program teaches participants about disaster preparedness. Basic curriculum equips community residents with the knowledge and skills to prepare themselves, their families, and neighbors for emergencies, disasters, or other community incidents until help arrives.

South County Fire (October 10-12, 2025/March 27-29, 2026, 8am-5pm)

NEMCO (CERT resources: videos)

City of Bothell (10 people class minimum)

Serve Washington (WA CERT resource)

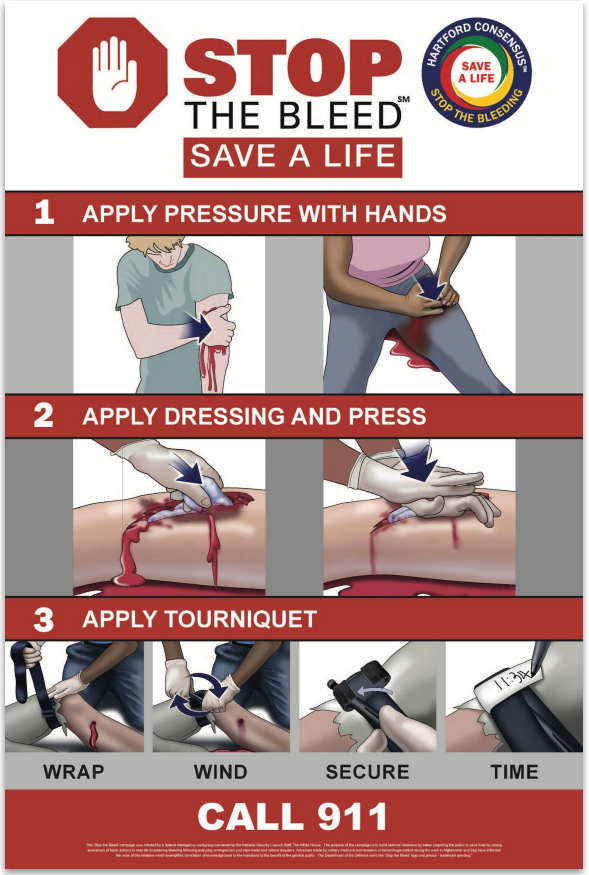


Training: Stop the Bleed®

Life-threatening bleeding can happen in people injured in serious accidents or disasters. By learning how to Stop the Bleed®, you'll gain the ability to recognize life-threatening bleeding and act quickly and effectively to control bleeding once you learn three quick techniques.

Register for the next classes at the Providence Swedish Medical Building in Everett:

- 11/20: 2-3pm
- 12/18: 2-3pm



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Act to Save a Life: Antidote, CPR and Tourniquet

South County Fire, serving south Snohomish County, developed the Act to Save a Life: Antidote, CPR and Tourniquet (A.C.T.) SouthSnoFire.org

ACT To Save a Life is a free one hour first aid class that focuses on three skills you can use to save a life in the first few minutes of an emergency:

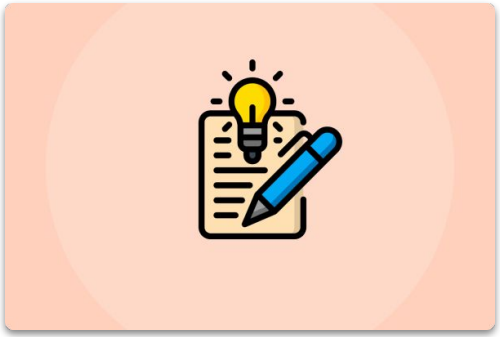
- **Antidote** (Narcan) for suspected opiate overdoses.
- **CPR** and **AED** training for cardiac arrest.
- **Tourniquet** for severe bleeding control.

NOTE: This is not a certification course. The ACT curriculum follows industry standards; however, everyone is still encouraged to take a full CPR & First Aid course.

There are several staff members within Northshore School District that are able to teach this program. Consider hosting an event for this class.

Action Items

1. Introduce yourself and your PTSA to the School E-Coordinator, Nurse, and Principal/Vice Principal
2. Communicate following in your PTA newsletter: ***all parents need to update Emergency Contacts in ParentVue***
3. E-Prep Chair Training, date TBD
4. Next meeting: Wednesday, November 5th, 10am-11am



Thank you!