Emergency Preparedness (E-Prep) Chair Meeting

October 7, 2026

Emergency Preparedness

Preparedness is everyone's job.

Preparedness by education is less costly than by tragedy.

Northshore Council PTSA 6.10

Agenda

Introduction

Safety & Security Updates

E-Prep Changes and Updates

Upcoming Activities

Training Opportunities

Action Items

Introductions

Introductions

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

Jen Jennings Carr, eprep@northshorecouncilptsa.org

- Former emergency management planner and trainer, led drills/exercises for Sandia National Laboratories and City of Bellevue
- Assisted Seattle Office of Emergency Management with Emergency Management Accreditation Program accreditation
- EOC experience in NM and WA, and OSO Slide on-site EPI

Roundtable Introductions

- Introduce yourself
- What type of e-prep experience do you have?

E-Prep Team

Values:

Equitable

Dedicated

Integrity

Teamwork

Collaborative

Creative

Proactive

Professional

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

NSD Safety & Security Updates

Safety and Security General Meeting Topics

STANDARD REUNIFICATION METHOD™

i love u guys FOUNDATION

NSD Safety & Security Updates

Cedric Collins, Director of NSD Safety & Security
ccollins@nsd.org, 425-408-7745

Heather Grosz, Safety & Security Specialist
hgrosz@nsd.org

E-Prep Changes and Updates

Changes for E-Prep Volunteers

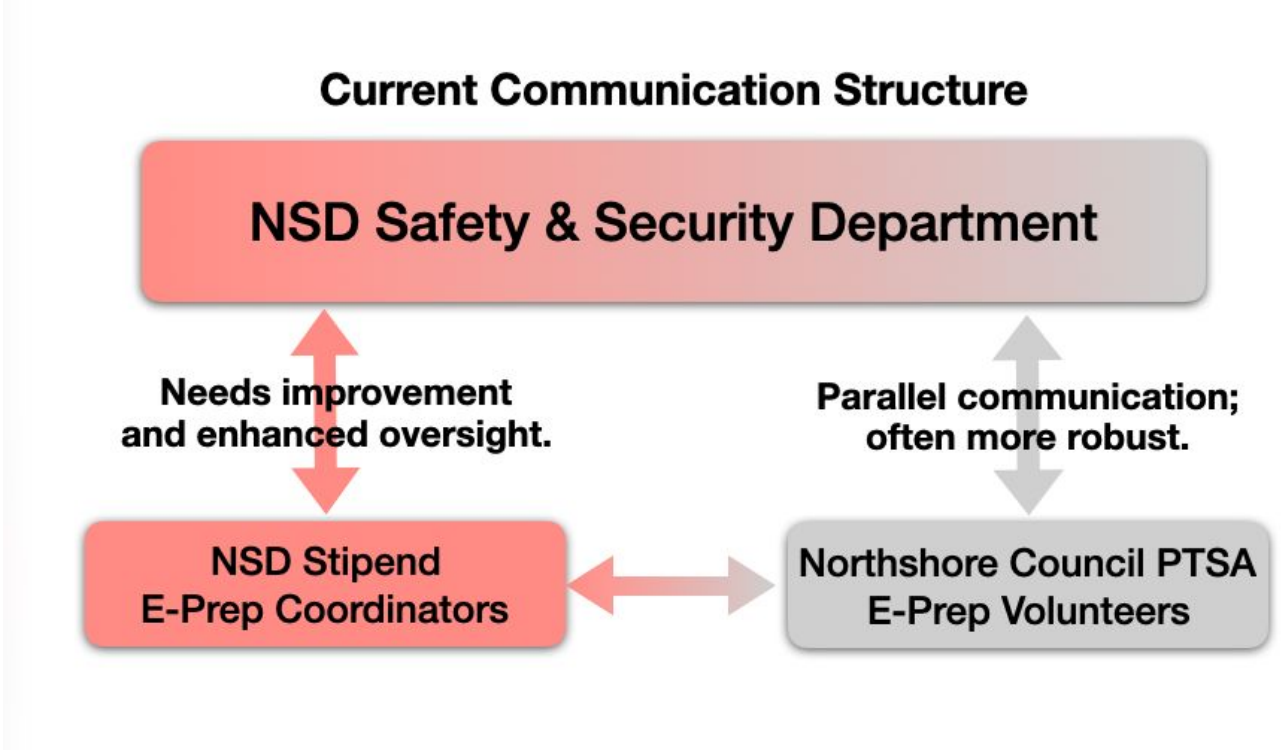
Only four meetings per year moving forward:

- October
- December
- February
- April

Best practices: LWSD also has an volunteer E-Prep program that meets four times per school year

Improving Communication

Have you experienced any communication issues with your school E-Prep Coordinator?



Northshore Council E-Prep Website

Northshore Council E-Prep Website

22 pages in total:

- Archived 7
- Updated remaining 15, but more pruning is needed

KCOEM will make short PSA field-style video segments.

- Character-driven series (Mascot Jami the Jellyfish or a recurring character like "Disaster Danny") to engage kids and families.
- A "get-involved" series to promote local CERT classes, workshops, and partner programs; scripts co-written by partners with spokespeople from participating agencies

King County Community Outreach Workgroup (COW) Updates

King County Office of Emergency Management (KCOEM): Countywide Crisis Communication plan is being updated by December

DNRP Water and Land Resources Division: Updated flood-season resources and messaging toolkit

- Flood warning app (real-time river conditions)
- Flood alerts (push notifications)
- Floodplain Mapping

Upcoming Activities

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Northshore Emergency Management Coalition (NEMCo) Preparedness Fair

- Saturday, October 10 @ 10am
- Free, family-friendly event

Upcoming Activities

Great Washington ShakeOut

- World's largest earthquake drill
- October 15 @ 10:15 am

School Reunification Drills

Every school must complete a reunification drill this fall.

NSD follows I Love U Guys Foundation Standard Reunification Method.

If you haven't already, familiarize yourself and your school community with the NSD Reunification Process.

Ask if your school still needs to complete their drill and if they need more signage.

Halloween Safety for Newsletters

Safe Trick or Treating articles:

- National Safety Council: Simple Steps for an Extra Safe Halloween
- National Highway Traffic Safety Administration: Halloween Safety Tips
- Seattle Children's: Tips for a Safe Halloween
- City of Bothell: Halloween Safety

Nationwide Children's: Halloween Safety Tips for Older Kids and Teens (includes info for teen drivers)

Google and share decor and pet safety topics

Training Opportunities

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.

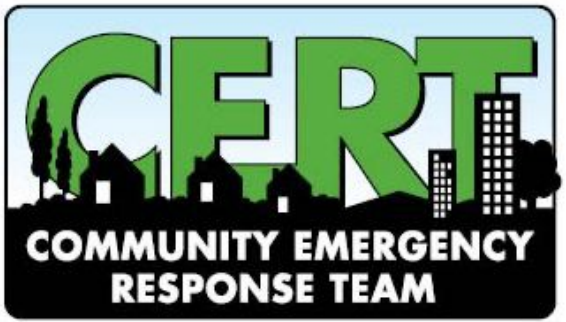
South County Fire (Oct 9th-11th, 2026, 8am-5pm)

NEMCO (CERT resources: videos)

City of Bothell (10 people class minimum)

Serve Washington (WA CERT resource)

University of Utah (Free online CERT class)



Training: 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 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.

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:

- 10/15: 2 pm
- 11/17: 3 pm

Free Online FEMA Courses

FEMA

Familiarize yourself with the Incident Command System (ICS):

- IS 100, An Introduction to the Incident Command System (2 hours, 15 min)
- IS 700, An Introduction to the National Incident Management System (NIMS) (3.5 hours)
- IS 800, National Response Framework, An Introduction (3 hours)

Action Items

1. Next meeting is **December 2, 2026**
2. Communicate any of the above resources in your PTA newsletters
3. E-Prep Training: October 13th, 7-8 pm
4. Thank you to everyone for your participation