Emergency Preparedness (E-Prep) Monthly Meeting

November 5, 2025

Agenda

Introductions

E-Prep Training

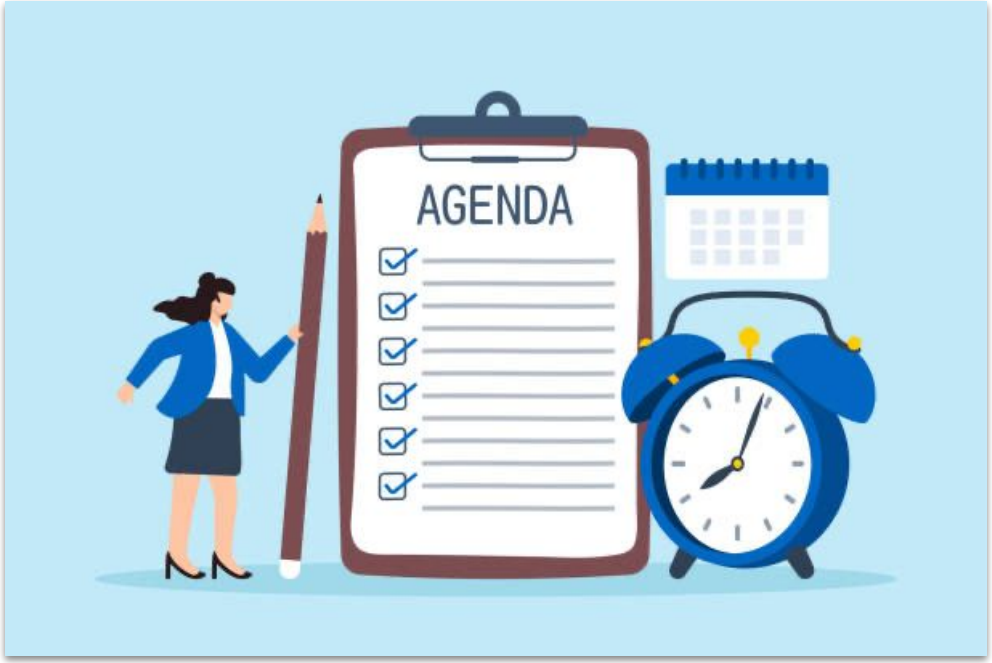
Safety and security update:

- Cedric Collins
- Tom Petersen

Upcoming Activities

Training Opportunities

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. Status of your supplies container?
2. Reunification box and equipment – what do you need?
3. What education or seminar topics are needed?
   - Tom is available to present, help, and educate
4. 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

What works best for our E-Prep Chairs?

- Is one session enough, or if we have two sessions: morning and afternoon, or day and evening?

Roundtable discussion.

General Meeting 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

Cedric Collins, Director of NSD Safety & Security

Discussion points:

- Campus Safety

ccollins@nsd.org, 425-408-7745

Tom Petersen, Emergency Preparedness Coordinator

Discussion points:

- New Standard Response Protocols posters distributed (see webpage)
- Easy Alert and TCU updated (intercom with pre-recorded messages)
- Fire & Earthquake drills complete
- Reunification exercises complete
- November drill: Lockdown (see guidance on Safety & Security webpage)
- Bad weather & seasonal safety

tpetersen@nsd.org

Upcoming Activities

December 3rd meeting: guest speaker Carri Campbell, NSD Communications Director

- Emergency Communications: what to expect regarding emergency notifications, communication process, etc.

Upcoming topics: WA OPSI School Safety and Preparedness and Response, local/county first responders - need your input

Upcoming Activities

Community Emergency Preparedness Workshop sponsored by NEMCo at Kenmore Fire Station 51

- **Hands-on demos where you can:**
  - Explore water and sanitation safety techniques
  - Learn how to assemble various type of go bags
  - Practice first aid and tourniquet skills
  - Discover radio communication options for when cell and internet service is unavailable
- **All activities will take place in a fun, interactive environment let by experienced volunteers**
- **Grand finale: a live fire demo where you'll learn how to properly use a fire extinguisher**

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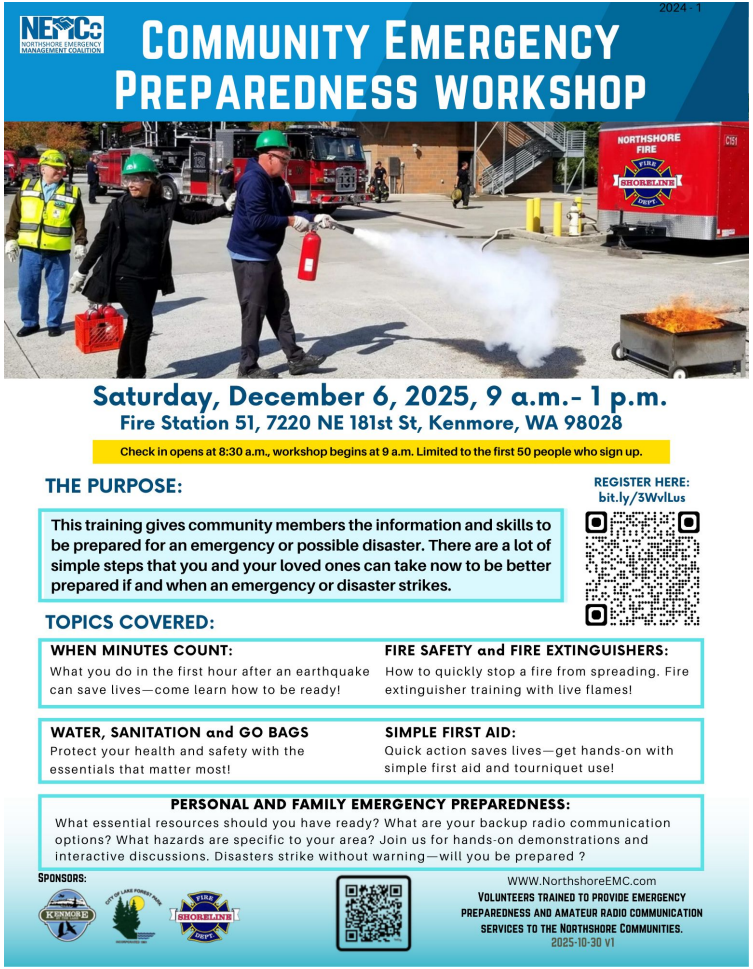
Registration is required.



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 (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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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 can use to save a life in the first few minutes of an emergency:

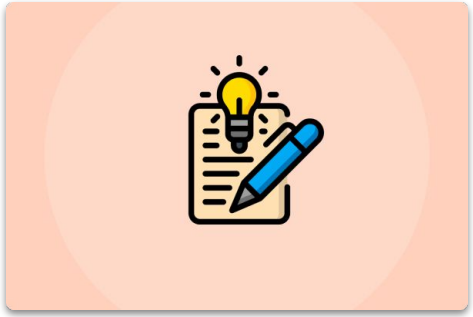
- **Antidote** (Narcan) for suspected opiate overdoses.
- **CPR** and **AED** training for cardiac arrest.
- **Tourniquet** for severe bleeding control.

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. Ask about your school's Emergency Plans
   a. When were they last updated? Are reunification jobs assigned?
   b. How do they coordinate with the District's plans?
2. Communicate following in your PTA newsletter: ***Reminder of what to expect during inclement weather***
3. E-Prep Chair Training, date TBD
4. Next meeting: Wednesday, December 3rd, 10am-11am, guest speaker Carri Campbell



Thank you!

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