Emergency Preparedness (E-Prep) Monthly Meeting

June 3, 2025

Emergency Preparedness

Preparedness is everyone's job.

Northshore Council PTSA 6.10

Preparedness by education is less costly than by tragedy.

Agenda

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

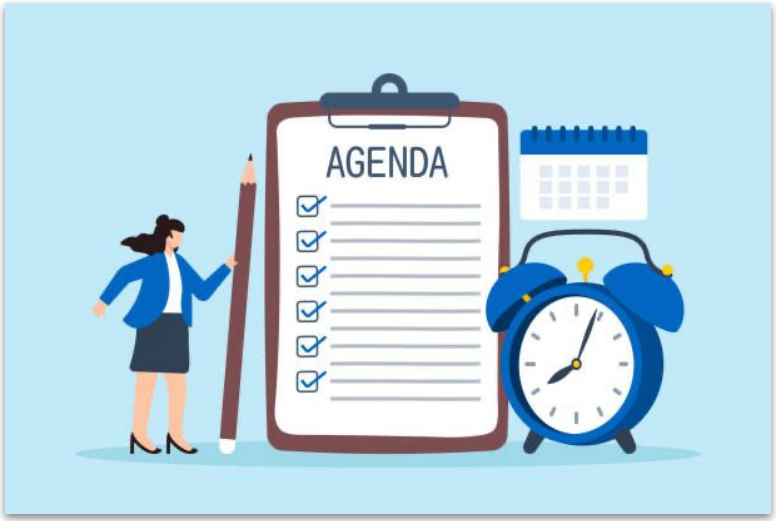
Introductions

Safety and Security Updates:

- Cedric Collins
- Tom Petersen

Upcoming Activities

Training Opportunities



Action Items - **Suggestions for topics/guest speakers for next year**

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

This is Tracy's last year.
We are actively looking for a Co-chair.

Safety and Security General Meeting Topics

Current Safety Issues

Reunification

Student Advisory Committee

2025-2026 Budget

Visitor Management System

Water and food supplies

Training: CERT, ACT to Save a Life

Containers

Emergency Operations Plans (EOP)

Alert-avoid-deny-defend

School drills

Locks

Cameras

Radios

STANDARD REUNIFICATION METHOD™

i love u guys FOUNDATION®

Emergency Preparedness

Preparedness is everyone's job.

Northshore Council PTSA

NSD Safety & Security

Cedric Collins, Director of NSD Safety & Security

ccollins@nsd.org, 425-408-7745

Tom Petersen, Emergency Preparedness Coordinator

tpetersen@nsd.org

- TOSA position is ending; Northshore Council PTSA POC will be announced after August 31st, 2026
- School container/shed maintenance
- Traffic safety around schools; e-bikes

Resources

Reinforce Digital Safety with Students Before Summer Break: As summer approaches, schools have the opportunity to reinforce digital safety messages with students in the final weeks of the academic year. The Department of Homeland Security's Know2Protect: Together We Can Stop Online Child Exploitation® campaign offers resources that educate and empower children and teens to recognize, prevent, and report online threats such as grooming, sextortion, and the misuse of generative artificial intelligence. Know2Protect also provides resources for families and educators and recently released a new public service announcement on identifying fake online profiles.

Unmasking the Appeal: Protecting Youth from Nicotine and Tobacco Addiction: (May 27) – This webinar, hosted by the U.S. Department of Health and Human Services' Addiction Technology Transfer Center Network, will provide an overview of trends in youth use of tobacco and other nicotine products and share how educators can apply evidence-based strategies to prevent nicotine addiction among youth.

Addressing the Mental Health Impacts of Bullying and Cyberbullying: Strategies and Resources for K-12 Schools: This issue brief features information, resources, and school-based strategies to prevent bullying and cyberbullying and support student mental health.

Free Mind: This website contains information on the relationship between mental health conditions and substance use disorders, as well as tips for teens to prioritize their mental health.

Too Soon = Too Dangerous: This resource provides information to help parents, caregivers, and teachers of middle school students understand the dangers related to underage drinking. It also includes an interactive exercise and handouts to share with middle school students.

Youville: This downloadable program helps children ages 8-12 develop online safety skills, with resources specific to privacy, digital citizenship, understanding advertising, and spotting scams.

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.

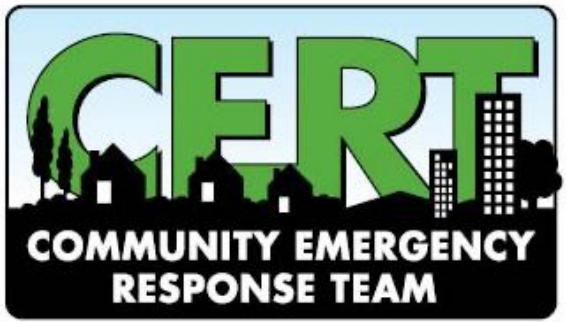
South County Fire (Oct 9th-11th, 2026, 8am-5pm)

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 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.

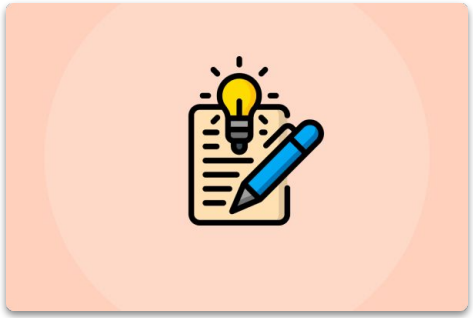
There are several staff members within Northshore School District that are able to teach this program. Consider hosting an event for this class.

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:

- 6/11: 2pm
- 7/16: 2pm

Action Items

1. Communicate the above resources in your PTA newsletter
2. Are you continuing your role as E-Prep Chair Volunteer at your school? If not, would you recommend someone for the role?
3. This is the last meeting of this school year
4. Thank you everyone for your participation
5. Have a fun and safe summer!