

Tis the season!! It seems that if you ask anyone how they're doing the answer is, "Busy!!!! Unfortunately at such a busy time of the year we tend to not think of some simple safety issues that could prevent an accident from ruining our holidays. The Comprehensive School Health Committee would like to send you this little gift to help remind you to stay safe and enjoy all the joy of the season!!!
(P.S. Actually, we're re-gifting this since we received it from the Maine Poison Control)

Tis The Season – Holiday tips from the NNEPC

'Tis the season to be jolly,
but please don't let children near the holly,
Jerusalem cherry or mistletoe,
or off to the hospital they may go.
Keep plants like these up high and clear
of the little fingers you hold so dear.

Children are curious and full of such glee,
so be careful of what hangs or is under the tree.
Batteries and magnets from toys may get free,
and hang out unnoticed under your tree.

Your home which is safe all through the year,
can be filled with poisons - including holiday beer.
After parties are over, and before you retire for the night;
put alcohol, cigarettes and leftovers far out of sight.

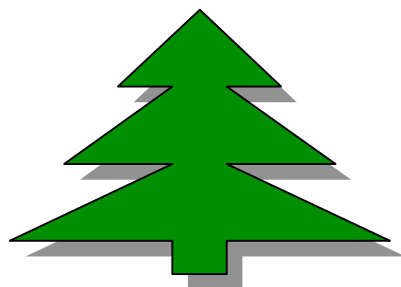
Watch out for the lead that may come in some toys.
Visit our website for recalls to protect girls and boys.
Some ornaments too may contain traces of lead;
so keep out of reach well above little ones' heads.

Be careful when shopping, choose wisely and smart.
A gift is so special when it comes from the heart.
A toy they may want could be unsafe and cause harm;
even some jewelry, a necklace or charm.

Watch out that your leftover food doesn't spoil.
It may not be safe even if it does boil.
Don't defrost your turkey in room-temperature air.
Keep it refrigerated so bacteria can't linger there.

One final tip before you snuggle up tight
and go upstairs to shut off the light.
The dangers of carbon monoxide may be lurking about
when your house is closed tight to keep cold weather out.
You can't see, taste or smell it, a silent killer it can be.
Make sure you have carbon monoxide alarms placed appropriately.

Call the Northern New England Poison Center, day and night we are here,
to serve, protect and inform you of poisons all year.
Be smart, careful and safe and you'll have nothing to fear,
then you can enjoy this wonderful time of the year.



**Contact the Northern
New England Poison
Center at 1-800-222-
1222 for poison
emergencies,
prevention questions
and medication safety.
Visit us on the web at
www.nnepc.org.**



Happy Holidays from MSAD 40 Adult Education!!!

Adult education is looking for some instructors to teach for our new winter/spring semester. We need instructors for the following classes:

- Computer Literacy I & Computer Literacy II
- Math Review
- English Review

If you or someone you know could help, please email us at Susan_Taylor@sad40.k12.me.us or call the adult education office at 832-5205. We look forward to hearing from you! Look for your new adult education brochure after the first of the year!

Happy New Year!!!!

