

Name:.....



JRSO Conference  
November 2010

# Activity Pack



# JRSO Conference - Assemblies

As a JRSO, you are the voice for important Road Safety messages at school.

You will receive a Road Safety Bulletin to read in assembly every month. It is your job to read the message:

- calmly
- clearly
- loudly

You need to remember:

- Your message is very important!
- Look at your audience
- Stand up Straight

- **Share the Bulletin**

Remember you do not need to read the whole bulletin yourself!

Share the lines with your fellow JRSO's.

- Copy the words out so that you each have your own copy
- Underline your own part of the Bulletin so you know when to speak
- Use a piece of cardboard to back your words so the paper doesn't shake or flop over. You could back the cardboard with:
  - High Visibility Paper
  - Paper with Road Safety Signs
  - The JRSO logo
  - Your names
  - Any other ideas?
- Put your Bulletin on your notice board and remind everybody to look at it there

- **Don't stop now!**

Now you have got used to talking in public think of other opportunities when you can talk. Speak to your JRSO helper and ask if you can speak to the PTA or the school Governors. Perhaps there may be opportunities to speak to your parents? Could you organise a class assembly using the Road Safety Messages you receive throughout the year and make a power point presentation for your whole school?

## JRSO Conference - Enforcement

One of the things you might like to think about as a Junior Road Safety Officer is how you can promote road safety to parents as well as other pupils.

You might like to design posters, become Pupil Traffic Wardens and work with your local Police Community Support Officer or write a letter to parents asking them to park safely around the school.

This worksheet contains a template for a letter to parents which you might like to complete. It asks them to think about where to park and the reasons for parking safely.

Some things you might like to think about when completing the letter are:

- Why *shouldn't* parents park close to the school gate? Is it because:
  - You have to cross between parked cars when it is dangerous?
  - If people park on the pavement, will it make it more difficult for walkers to pass?
  - Will it be endangering young children around the school?
  
- You may also want to include information on what they *should* be doing. You could ask parents to think about:
  - If they need to bring the car to school – could they walk or cycle to school?
  - If they could park further away from the school and walk the remainder of the distance.

You may also have some ideas of your own that you would like to include in your letter.

Why not fill in your letter template and make sure parents understand why it is important to you that they park safely around the school!

Dear Parents/ Guardians,

I am writing to you as a Junior Road Safety Officer for the school to ask you to remember to park safely near the school. Parking near the school is dangerous to children because:

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Please remember to think about children’s safety on the roads around the school.

Thank you!

Yours sincerely,

.....

(Junior Road Safety Officer)



## JRSO Conference - Initiatives



### Go for Gold

Incentive based initiative to encourage children to come to school by sustainable means i.e. not using the car.

Each time they travel to school by walking, cycling, scooting, bus or car share they get a stamp in their 'passports'. Once a passport is completed they can redeem this for free activities around the county including swimming, bowling, golf and soft play areas.

#### How can JRSO's get involved?

- Take it in turns to help with passport stamping
- Promote the scheme in school
- Award prizes for the class that gets the most sustainable journeys in a half term



**Make the Commitment!**

### Make the Commitment

As scheme that encourages drivers to sign a promise to commit to driving at the correct speed limit.

The Casualty Reduction Department provide leaflets, promotional gifts, display stands and inflatable goal posts for schools to use at school fairs, parent's evenings or open days.

Drivers sign up to the scheme and receive information from the Casualty Reduction Team. It can help to make drivers more aware of the speed that they are driving around your school.

#### How can JRSO's get involved?

- Have a Make the Commitment stand at a school fair
- Encourage parents to sign up



## Walk to School Week

A national event to encourage children to walk to school for one week which takes place in May each year. The weeks usually have a theme. Last May the theme was Walk and Talk – to highlight the social benefits of walking with friends and family to school.

### How can JRSO's get involved

- Promote in school
- Have a challenge for the week e.g Lands End to John O'Groats
- Prizes for the class that has the most walkers

## Walk to School Month

This takes place in October and is very similar to Walk to School Week. Because it lasts the whole month you could have a different challenge each week.



## Road Safety Activities

It is good to get involved with the younger children in the school. Road safety activities can be run during Walk to School Week/Month events and could include:

- Finding hi-visibility objects
- What to wear to keep you safe
- How to find and use safe crossing places

### How can JRSO's get involved?

- Work with your helper and class teachers to create fun activities for the youngest children in school.



## Helmet Watch

A way to encourage cyclists to always wear their helmet when cycling to school. This can be used during Bike Week or on a Two Wheels Today event or just once per half term.

Children who wear their helmets when cycling are rewarded with a small prize. This could be a sticker or extra house point.

### How can JRSO's get involved?

- Promote the event in school
- Take it in turns to be the 'watcher' during the week



## Tree of Life

A way of demonstrating how travelling sustainably can have a positive effect on the environment. This activity is used well over Walk to School Week or Walk to School Month.

Children are asked to choose either a black or green leaf depending on how they normally travel to school. This is done during the week before Walk to School Week or the first week of Walk to School Month. The leaves are stuck onto a tree. The exercise is repeated during Walk to School Week or at the end of Walk to School Month. The first tree normally has more black (people who travel by car) leaves than green (people who travel sustainably) leaves. The second week normally has more green leaves.

### How can JRSO's get involved

- Take the tree around each class so that children can stick on their leaves
- Produce a graph to show how many people travelled by car the first time compared to the second time the survey was done
- Display the trees and your results during an assembly



## **Bike Week**

A national event to encourage people to cycle for one week which takes place in June each year, similar to Walk to School Week/Month. This is a good way of promoting cycling to school and can be combined with Helmet Watch and Two Wheels Today events.

### How can JRSO's get involved?

- Promote in school
- Have a challenge for the week
- Prizes for the class that has the most cyclists



## **Two Wheels Today**

This event encourages travelling to school by bike or scooter. It can be used in conjunction with Bike Week or just as a fun activity in the summer term. Children who travel on two wheels can be rewarded with a biker's breakfast (croissant and an orange juice) and anyone who has a PE lesson that day could do cycle or scooting activities in the playground. Prizes can be awarded to the class that has the most children travelling on two wheels; these could be house points or extra playtime.

### How can JRSO's get involved?

- Work with your helper and other teaching staff to promote in school
- The Parents Association could also help with the biker's breakfasts
- Help teaching staff during the PE lessons



## Walk Once a Week

Another activity to encourage walking to school. You can choose whichever day of the week you like. It is good to give them a name, for example 'March on Monday', 'Walk on Wednesday' or 'Feet on Friday'. You could hold an event every other week throughout a half term and rotate the days so that children who can't walk on one day may be able to take part on a different day and not miss out.

### How can JRSO's get involved

- Promote the event
- Reward children who take part with stickers
- Prize for the class that has the most walkers



## Raffle Ticket Days

Yet another way to encourage sustainable travel. Each child who travels sustainably is handed a raffle ticket as they arrive at school. A prize draw then takes place later that day in assembly with a small trophy awarded to the person whose number is called and an extra house point. The trophy can then be passed on to the next person who wins a Raffle Ticket Day.

### How can JRSO's get involved?

- Hand out raffle tickets at the school gate to children who have travelled sustainably
- Draw the raffle in assembly



## Competitions

This is an excellent and fun way to get the children in your school to think about road safety and sustainable travel. There are some competition ideas in your JRSO Handbook. You could have a design a poster, solve a word search, write a poem or story, quizzes or anything else that you can think of, but remember it should be about road safety or sustainable travel.

A prize should be given to the winner; you may have several small prizes for different age groups for example Reception, Key Stage 1 and Key Stage 2. The prizes don't have to be expensive or large it could be something as simple as a pencil or house points.

### How can JRSO's get involved?

- Decide what type of competition you want to run
- Set a closing date for entries
- Think about the age group of the children who will be taking part – you may have to think of something more difficult for a year 6 child than for a reception child for example
- Promote the competition
- Remind people when the closing date is
- Judge the entries
- Award the prizes
- Have fun!

## JRSO Conference - Promotion

As a JRSO, a really important part of your job is promoting the following information to everyone else that travels to school:

- It is important to travel safely;
- How to travel safely;
- It is better not to travel in a car; and
- Why it is better not to travel by car.

You should be promoting this information to the following people:

- the rest of the pupils at school;
- Teachers;
- People that work at the school; and
- Parents and guardians of pupils at the school.

There are lots of ways that you can promote information to the rest of the school. Here are a few ideas:

### ▪ **Notice boards**

- You should already have your own allocated JRSO notice board in the school that you can use to promote travel and safety information and all of the work that you are doing. Ask your JRSO Helper where this is if you don't already know. Here are some ideas of what you can do with your JRSO notice board:
  - Put a bright border around it to encourage people to have a look at it.
  - Make a big, colourful title name for the board, for example 'Junior Road Safety Officers' or 'Travel to School Safely' or 'Be Healthy and Green – Walk to School'. You can probably think of lots of ideas for good titles!
  - Think of a topic to theme your notice board around. You could change the information each term so that the topic fits into the termly theme. You can find out what the termly themes are on your JRSO Year Planner.
  - Cover the board with useful and interesting information, for example:
    - Draw posters linked to the theme of the notice board.
    - Find useful facts and information, type it up and print it out.
    - Look for colourful and interesting pictures in books and on the internet that link to the theme. Print them off.
    - Put a copy of your JRSO Bulletin on the notice board. You could always add information to the Bulletin to make it into a bigger article.
  - Make sure that you remind everyone in the school to go and have a look at your notice board!

## ▪ **Competitions**

Pupils often like to enter competitions, so running a JRSO competition can be a great way to get the school thinking about topics such as road safety. To run a competition you will need to think about the following things:

- What topic do you want to theme the competition around? For example road safety, walking, cycling, being healthy, or saving the environment.
- What do people have to do to take part in the competition? For example create a poster, design a bike helmet or bright clothing, write a poem, or walk to school.
- How long will the competition run for? People will need to know when they need to get their competition entry in by or when the competition will be running.
- Rewards/Prizes – speak to your JRSO Helper about what you can have as a prize for the competition winner. The prize could be a gift such as book voucher or it could be a reward such as extra play time.
- There does not have to be one winner, competitions could be run per class. For example you could run a competition to see which class walks the most in one week, the winning class could have a MUFTI day as a reward.

Make sure that you promote the competition to everyone in the school so that you get as many people taking part as possible!

## ▪ **Newsletters**

Schools send out regular newsletters to parents. You could ask your JRSO Helper if you can write an article for the newsletter. This can be a very good way of promoting safe travel and encouraging them not to drive their cars to school. You might even be allowed to write articles regularly, for example each half term.

If you like to write and have a lot of information to share with parents, you could always think about writing your own JRSO newsletter. This could either be written for parents or for the other pupils in your school.

## ▪ **Stall at a school event**

All through the year schools run events such as Christmas Fairs and Summer Fetes. These events are a really good opportunity for JRSOs to promote all of their work and encourage people to think about how they travel. You could speak to your JRSO Helper and see if you could have a stall at a school event. You could do things such as:

- Run a competition or games linked to travel to get people involved.
- Hand out information to promote road safety and explain to people why it is good to travel in other ways than by car.
- Talk to people about all of the great work that you do as a JRSO.

There are lots of other ways that you could promote information. Why not think of some more good ideas for what you could do at your school!

## **JRSO Conference - Fire and Rescue Service**

During our Workshop, you learnt that the Fire Service now goes to almost as many car crashes every year as it does house fires.

Also you learnt that the roads are one of the biggest dangers to the public and that far more people die in car crashes every year than die in house fires.

The number of people who die in crashes on the roads is coming down every year, but about 2,500 people died in 2008, that's about 8 people EVERY DAY!

You saw how the Fire Service work with the Police and the Ambulance Service to rescue people from car crashes. You now know that it is very important to get the person out of the car as soon as possible, so that they can be taken to Hospital and get proper medical treatment.

### **BACK AT SCHOOL**

You might like to show your classmates what you learnt about how the Fire Service rescue a casualty from a crashed car.

Set up 4 chairs in the classroom - that can be your 'car'!

Have one of your classmates as the 'driver', sitting in the driving seat. Tell the class that the driver has a neck or spine injury and that the Fire Service will have to cut the roof off the car.

Remember to tell everyone that there are different things that the firefighters have to do –

### **Make the scene safe**

Will the firefighters be safe from cars that may still be travelling past?

Do the Fire Service need to ask the Police to close the road?

The firefighters will use their fire engines to protect them from other traffic. The fire engine will have all its lights flashing. The firefighters will also put out signs and cones.

### **Stabilise the vehicle**

It is important that the car does not roll, or tip on its suspension while the casualty is being rescued.

If it does move, the casualty's injuries could be made worse, or the firefighters could be injured.

Remember how the firefighters will use chocks under the wheels and blocks under the car to keep it still.

### **Look after the casualty**

One firefighter will be put inside the car to look after the casualty. They will talk to the casualty to see if they are going unconscious, or their condition is getting worse.

They will also reassure the casualty and let them know what the other firefighters are doing, so that the casualty is not scared by any sudden noises.

The firefighter will hold the casualty's head so that their neck is supported and their spine is kept straight.

You can see this in the picture below –



### **Manage the glass**

We didn't have to do this in your workshop, but the firefighters will have to remove the windows from the car before they cut the roof off. They break the windows with a special tool and let the glass fall down inside the doors, or they catch it with tape.

They use a special saw to make a big cut right across the windscreen so that the glass doesn't shatter when the roof is lifted off.

The firefighters will also have to check that when they cut the roof off they will not be cutting through any airbag gas canisters, as this would be dangerous.

### **Cut off the roof**

The firefighters will use their powerful cutting equipment to cut the roof off.

The cutting equipment is heavy and difficult to use so the firefighters will take turns at doing this.



### **Cover up all the sharp edges**

Once the roof has been cut off, there will be sharp metal ends left.

The firefighters will use special thick blankets called SHARPS COVERS to cover these sharp ends so that they and the casualty do not get hurt by them. The sharps covers have magnets in them which stick them to the metal of the car and stop the covers moving.

This picture shows how the covers are put over all the sharp edges. Remember that firefighters also wear lots of protective clothing so that they stay safe when they are at work.



### **Get the casualty onto the spinal board**

Remember that the reason that firefighters cut the roof off is so that they have the space to get the spinal board down between the casualty and their seat.

This picture shows the spinal board being slid down between the casualty and their seat. You can see that it would be impossible to do this if the roof was still on the car!



The back of the seat is then laid flat and the casualty will be carefully slid onto the board, a little way at a time.

The spinal board and casualty can then be slid out so that it rests on the back of the car while the firefighters get into position to lift it out of the car.

This picture shows the casualty being gently slid onto the spinal board.



### **Lift the casualty out**

Once everyone is in position, the firefighters can lift the spinal board and casualty out, and take them to the Ambulance.

If you would like more information about the Fire Service, how they deal with car crashes, or how to stay safe on the road, please contact –

**Keith Wheeler**  
**Bucks Fire & Rescue Service**  
**Stocklake**  
**Aylesbury**  
**HP20 1BD**

Email [kwheeler@bucksfire.gov.uk](mailto:kwheeler@bucksfire.gov.uk)