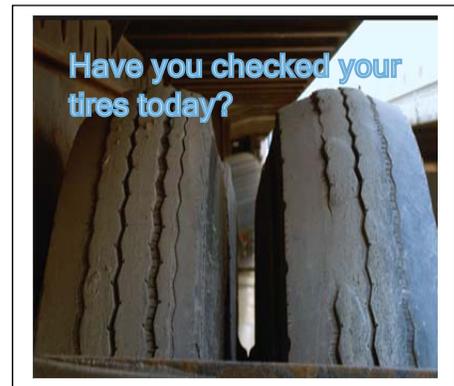
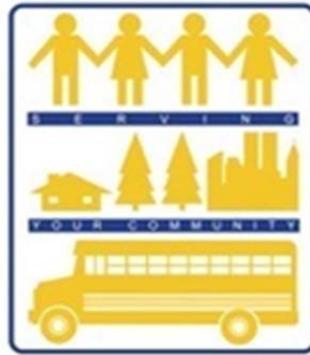


Safety is No Accident

MONTHLY SAFETY NEWSLETTER



WIN:

Dan Sperry is a deputy sheriff in Bonneville County, Idaho and in that capacity also serves as a school resource officer. He presents "Makayla's Story" on the death of his step-daughter Makayla Strahle at the hands of an illegal school bus passer at conferences nationwide offering the following message.

- Bus drivers are the unsung heroes of our education system. Pupil transportation professionals are up early and on route to pick up children in all weather and traffic conditions. They drive nearly 500,000 buses while transporting 23 million children to receive their education. The cost of failure means children are injured or die.
- Since he has been sharing *Makayla's Story*, which is a debrief about the evening of Dec. 20, 2011 when his 11-year-old daughter was killed because of a stop-arm violation, he has been told many unbelievable stories that jeopardized the safety of the children on and around school buses.
- A police sergeant once told him a crash happened in front of his son's bus and there were bumpers and other car parts laying in the intersection blocking the road. The driver asked middle school students to get off the bus and move the debris, so the bus wouldn't be late. He appreciates the effort to stay on schedule, but why jeopardize our children's safety for it?
- In September, a school bus in Oklahoma stopped to pick up a hitchhiker and her dog while students were on the bus. How is this protecting our children?
- Lou Holtz was one of the most successful coaches in college football history, leading 23 of his teams to bowl games and finished the season 18 times in the Top 25 rankings, including No. 1 in 1988 at Notre Dame. He is well known for his ability to motivate and inspire his players.
- While coaching at Notre Dame, Coach Holtz created the concept of "WIN," or "What's Important Now?" Coach Holtz taught his players to ask themselves that question 35 times a day. When they were getting ready for school they were to ask themselves, "What's Important Now?" In the classroom, "What's Important Now?" On the practice field or in the gym, "What's important Now?" On game day, "What's Important Now?" WIN was a great tool to help his players focus on the importance of the here and now.
- Each child is priceless cargo that is unique and cannot be replaced. Drivers can use the trainings of Coach Holtz to help ensure the safety of their precious cargo. Throughout every aspect of their route they can ask themselves "What's important now?"
- Bus drivers are professional drivers. Sadly, many people that we share our roads with are not focusing or even paying attention to their driving. In my law enforcement career, I can attest to this by the number of crashes I investigate and the number of tickets that I have written.
- What can school bus drivers control? You have the power to make sure policies and best practices are followed. If there are safety issues, drivers need to express their concerns to their supervisors. You are the one who follows the traffic laws. You are the one who controls the switch when the amber lights are turned on. You are the one who is checking mirrors for cars approaching, and making sure they are stopped before letting the children off the bus. If you are following best practices, you are the one who makes sure the road is safe before you allow the children to cross.
- We challenge you to focus on the WIN so all the children will make it home safe

Rolling V Mission Statement

Operating a prompt, professional and personalized transportation company that is successful in its mission to be profitable, provide meaningful employment and give back to the community when it can . This missions is to be accomplished by adhering to our core values, one of which is

TALK LESS, SAY MORE

Using Your Intellect and Training over your Instinct

The Difference in Your Brain

When anything happens in the environment to cause you feel the slightest bit threatened, ranging from someone cutting you off in traffic to a coworker making a critical remark, your reptilian brain activates in the fight or flight reactive (instinct) mode. A million years ago, this was a good thing to keep our ancestors alive; however, in today's world, it happens all too often. Whenever you are pressured, worried, irritated, or disappointed this same mechanism kicks in which not only feels crummy and can lead to anxiety and depression but is lousy for your physical health as chronic stress contributes to a weakened immune system and increased risk of heart attack and stroke.

In this reactive (instinct) mode, your avoiding brain expresses fear and anger. The approaching brain reverts to a scarcity perspective which manifests as greed ranging from longing to addiction. The attaching system moves into a position of hurt which may include feelings of abandonment, worthlessness, or loneliness.

When you feel safe and fulfilled, your brain's avoidance system is calm, the approaching drive is content, and the attachment orientation is caring. In this responsive (intellectual) mode, your brain is soothed, joyful and replenished. The good news is that this is the natural, resting state of your brain and where you want to be for happiness and health. The bad news is that too many of us spend most of our time in reactive (instinct) mode.

Reacting is instinctual. Responding is an intellectual or learned conscious choice. When something happens, our body is going to react automatically regardless. The trick is to become aware of this initial reaction, resist doing anything, involve your higher intelligence by considering options, possible ramifications, who you want to be, and what is going to be in your best interest, and, then, choose how to respond.

March Mandatory Safety Meetings after Refreshers

*below are times when the regular Refreshers will be looking to end and the safety meetings will start

March 7th - Fallsburg Terminal 12:30pm, 8:30pm

March 8th - Napanoch Firehouse 12:30pm

March 14th - Liberty Terminal 12:30pm

March 15th - Liberty Terminal 12:30pm

March 19th - Fallsburg Terminal 1pm

March 28th - Roscoe Fire House 11:30am