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Sabrina's Law - Policy/General Administrative Procedures

By Cathy Saytar, Superintendent of Schools

Sabrina's Law, which aims to protect Ontario students at risk of life-threatening allergic reactions, became law January 1, 2006. To ensure compliance, trustees approved Policy 1.25, Pupils with an Anaphylactic Allergy and revised General Administrative Procedures No. 514.02, Medical Procedures Protocol: Anaphylactic Reactions-Epi-Pen Use at the December 13, 2005 Board Meeting.

The revised General Administrative Procedures (GAP) include:

- Strategies that reduce risk of exposure;
- Communication plan for dissemination of information;
- Regular training for employees and others in regular contact with pupils;
- Requirement that principals develop individual plans for pupils with an anaphylactic allergy; ensure parents/guardians/pupils supply information on life-threatening allergies upon registration; and maintain a file of current treatment and other information, including a copy of any prescriptions and medical instructions and a current emergency contact list.

Go to <http://gap> or your Superintendent of Schools for more information.

Listening to noise with unprotected hearing

Excessive noise, such as listening to blaring music on an iPod, may cause ringing in the ears, called tinnitus, which is a signal of over-exposure to hazardous sound levels. Otherwise, excessive noise exposure is invisible, painless, permanent and cumulative over 20+ years. Volume and listening duration influence noise-induced-hearing. If a sound exceeds 85 decibels it will cause permanent hearing damage, the extent of which depends on how long listening occurred without ear protection. With MP3 players, it is recommended that volume not exceed 60%, over-the-ear headphones (rather than earbuds that go into the ear canal) be used and listening time be limited to an hour at a time (a half-hour only when using earbuds). It is important to know that if you repeatedly abuse your hearing you will eventually lose it.

SAFE LEVELS	DECIBELS*	TIME
Conversation	55	--
Vacuum cleaner, hand saw	85	8 hours
LEVEL AT WHICH DAMAGE BEGINS		
Shouting, blender, tractor, lawn mower	91	2 hours
Electric drill	94	1 hour
Noisy toys, motorcycle	97	30 min.
School dance, snowmobile	100	15 min.
Belt sander	103	7.5 min.
CD/MP3 player at high volume	106	3.75 min.
Car horn, leaf blower, power saw	109	2 min.
Rock concert, sports arena crowd	115	1 min.
DANGER		
Dance club	120	--
BEYOND PAIN THRESHOLD		
Jackhammer, jet takeoff	130+	--

Introducing Jason Holden and Jester

By Allison Gough, Communications Officer



Jason Holden, a graduate of the Computer Systems Technology program at Fanshaw College, started working at the CEC as a Software Specialist in January 2006. Jason, who was born blind, is proud of this accomplishment and notes a high percentage of people with visual impairments do not find work.

Jester is Jason's guide dog for the blind. The extensive process that brought them together began with a telephone interview with Guide Dogs for the Blind. Jason was next introduced to using a dog harness before attending guide dog school in Oregon for four weeks in 2002. Jason and Jester, who had been trained in Washington, walked everywhere together, from the side of a highway to shopping malls. The training also served as a compatibility test to ensure they walk at the same pace and get along. They were a match and have been inseparable ever since.

Jason would like to make a difference in the lives of others by helping to implement new adaptive technology into schools that would offer students with visual impairments alternative software use options. He has also spoken to a current Dufferin-Peel student who is visually impaired to provide inspiration and motivation.

Many people don't know how to interact with guide dogs. The safety of the person using a guide dog depends on the dog's alertness and concentration. The dog should never be distracted from that duty. Jason advises that we should completely ignore Jester whenever he is in his harness. This includes talking and petting him. When he is not in his harness we are free to pet Jester and talk to him, however we are never to feed him. For more information on Guide Dogs for the Blind, go to www.guidedogs.com.

Employee Assistance Program (EAP)

The Employee Assistance Program (EAP) is a confidential and voluntary support service to help employees and their immediate family members (as defined in your employee benefit plan) solve problems and challenges in life such as stress, grief, relationship issues or depression. Support is available by telephone, in person and through various issue-based health and wellness resources. On-line tools to help manage personal well-being are also available. The EAP is completely confidential within the limits of the law.

Your EAP offers a short term counselling model at no cost and will help you select an appropriate specialist or service that can provide more specialized or longer-term support should you need it. While fees for these additional services are your responsibility some may be covered by your provincial or employee health plan.

Connect with your EAP 24 hours a day, seven days a week:

www.warrenshepell.com/DPCDSB
1-800-387-4765 (TTY Service: 1-877-338-0275)

Sunoco's Gas Pump Equity for Drivers with Disabilities

Sunoco's accessibility program provides customers with physical disabilities the benefit of full-service gasoline at self-service prices at all their locations with both full and self-serve pumps. Sunoco voluntarily developed and launched this program in 2002 after customers and gas station retailers noted to management that self-serve prices were inaccessible to people with disabilities. The program requires that customers inform full-service attendants that they have a physical disability by showing identification such as a disabled parking permit.



**For more information about
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