

# School Safety

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When it comes to school safety, the number one concern for you or your children is disease prevention. The chances for health damage are far greater than any possibility of damage inflicted by weapons. After a summer of outdoor recreation your child is found indoors with 20 or 30 students who cough, sneeze and breath all over each other. Not to mention the shedding of viruses from recent vaccines which are also being shared. All of this can take its toll on your child. Not knowing what these other children have had their hands and minds exposed to can ill affect the most serious student. I am not advocating isolation, protective gloves and surgical masks. However, I am advocating pre-educating: basic hygiene procedures, moral choices and warning of access to the ubiquitous availability of treats and unhealthy food choices.

When I was young one of the vices I was exposed to was the double whammy candy cigarettes (i.e. the unhealthy sugar and the unhealthy association with toxic nicotine). The next generation might have been influenced by bubble gum replicas of chewing tobacco. Now, we shockingly see the present generation opening up Coffee-mate packets, pouring them in straight lines and inhaling them through a straw which makes one wonder where they got that idea. Please don't let your television or their friends pre-educate your students.

Pre-educate your future students to the dangers of unhealthy foods and snacks. Teach them the benefits of healthy foods and feed them healthy snacks. Teach them how their immune system fights disease and how wholesome fresh food strengthens and prepares them for the never-ending barrage of micro-organisms.

A wonderful resource for yourself and your students is [The Family Herbalist course](#) available through [The School of Natural Healing](#)

This course provides the education necessary for living and thriving in an environment fraught with dangers and uncertainty.

**David Christopher** is a Master Herbalist and the director of *The School of Natural Healing*. He also co-hosts the popular radio show "A Healthier You" and is a popular international teacher and lecturer.