

School Safety Update

September 8, 2021

What happened...

- Around 9:30 on Tuesday evening, a DV student made a post on social media warning DV students not to go to school on Wednesday because someone on campus might commit a shooting.
- Within 30 minutes, students had alerted parents, teachers and school leaders to let them know about the post. (***Thank you to all who did this! You did the right thing!***)
- DV leaders immediately contacted our school resource officers with El Segundo Police, who began an investigation into the post right away.
- **The police investigation determined that there is not a threat to DV students or staff.**
- Early Wednesday morning, DV leaders notified staff, parents and students about the situation and confirmed that school would open safely today.

Keeping our school community safe

- We are grateful to every student and parent who reached out to a staff member or school leader to let them know about this potential threat to the safety of our school! You did the right thing to let us know immediately. Your observations and communication help keep our community safe!
- We are grateful that we have school resource officers with the El Segundo Police who take the safety of our school community seriously and who began investigating this situation immediately and through the night until they determined that there is not a threat to our safety today.
- Our school resource officers are here on campus today (and on other days as well) just to be an additional source of protection and security for all of us.



Your brain has two sides. When receiving information like this, both sides get activated.

Right brain = the part that is most concerned with your emotions and how you are feeling

Left brain = the part that is most concerned with all the who/what/when/where details

Let's pay attention to these sides one at a time...

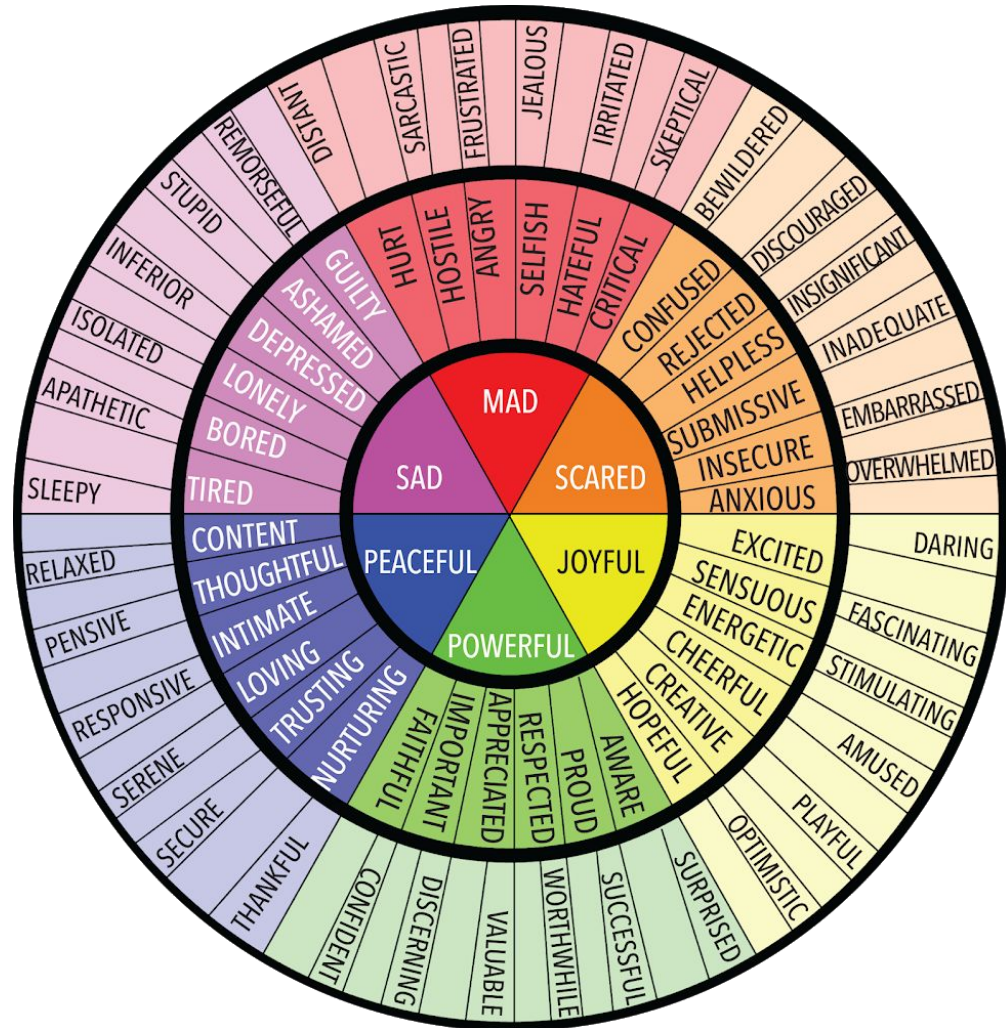


Right brain = the part that is most concerned with your emotions and how you are feeling

What thoughts and emotions did you feel when you first learned of this situation?

How did you process those thoughts and emotions? What did you do?

Use this emotions wheel to help you determine which words and colors most connect to how you feel.





Left brain = the part that is most concerned with all the who/what/when/where details

How did you learn about and/or share the information you had about this situation?

How do you think you would respond if a similar situation happened again? What is the best way to keep our community safe?

Keeping safe in a real threat involving a shooting

- **To reiterate: the police investigation determined that there is not a threat to the safety of our school today.**
- However, there is a possibility that at some point in your life (at school, at work, or at some other event) you will be in a situation where a shooting is taking place. It is important to consider in advance how you can keep yourself others safe in such a situation.
- Here at school, the safest place in such a situation is in a locked classroom with the window shades down. We will practice this in a “run-hide-fight” drill on a later date, but right now you should understand how the red lockdown locks function on your classroom doors and how to lower the shades and hide quietly in the event of such an emergency.

Moving forward

If at any point you feel anxious or worried about these things and need to step outside the classroom to gather your thoughts and feelings, it is ok to ask the teacher if you may do so.

If you would like to speak to your counselor about thoughts and feelings this situation brings up for you, they will be available. Just let your teacher know that you would like to speak to your counselor, or reach out to your counselor directly.

Please continue to reach out to your teachers and school leaders if you ever see or hear something that causes you to worry about the safety of our school community. *Thank you again to everyone who did this!*

Some reminders to take care of you

- Self care is very important for your health and safety; and for the health and safety of others
 - **Exercise** - at least 3 times a week for 30 minutes
 - **Sleep** - you need mental and physical rest; 8-10 hours a night
 - **Nutrition** - eating the right foods plays a critical role in health and wellness
 - Other self-care activities - creative, social, emotional, spiritual rest and enjoyment

When speaking and listening, please remember these guidelines:

1. **Speak from the heart**
 - a. Tell the truth and not try to impress anybody.
2. **Listen from the heart**
 - a. Listen without judgment.
 - b. Listen with an open mind, even if you disagree with what the person is saying.
 - c. Simply try to “take in” what the person is saying.
 - d. Suspend opinions, responses, and reactions, both verbal and physical. Your immediate reaction may change by the time it’s your opportunity to talk.
3. **Be spontaneous**
 - a. Say what comes to your mind when it’s your turn, not what you had planned to say. This allows you to not worry about planning and instead just focus on listening to others.
4. **Be Lean of Expression**
 - a. Try to just speak long enough to say what needs to be said.
 - b. Be mindful of how many people are in the room and how much time we have together.
 - c. Develop an awareness of when you have delivered the essence of your message.