



# WELLNESS

AND

Safety 

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SCHOOLS INSURANCE  
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## June is National Safety Month

### SUMMER DRIVING SAFETY: 10 TIPS TO KEEP EVERYONE SAFE ON THE ROAD

Summer is a popular time for vacations, road trips, and weekend travel. With the sun out, temperatures rising, and kids out of school, many people find themselves adding extra trips to an already busy driving schedule. However, summer is also one of the most dangerous times of the year to be on the road. Traffic fatalities are more common in summer than in winter due to increased travel, distracted drivers, teen drivers, and vehicle issues related to heat. Whether commuting to work or heading out on vacation, taking a few simple precautions can help keep everyone safe.

#### 1. Prepare Your Vehicle for Hot Weather

Hot temperatures can be tough on vehicles. Before summer travel, check your battery, coolant, and oil levels, and inspect belts and hoses for cracks or wear. Proper vehicle maintenance can help prevent breakdowns and unsafe roadside situations.

#### 2. Check Tire Pressure Regularly

Hot pavement increases the risk of tire blowouts, especially if tires are underinflated. Check tire pressure at least once a month and before long trips. Don't forget to check the spare tire as well. (Tip: Tire pressure should be checked when the tires are "cold," which means your car hasn't been driven for three hours or less than a mile at moderate speed)

#### 3. Prevent Overheating

Engines can overheat quickly in summer traffic or long drives. Watch your temperature gauge, carry extra coolant and water, and never open a radiator cap while the engine is hot. It's also important to bring water and sun protection for yourself and passengers.



#### 4. Avoid Drowsy Driving

Long trips and busy summer schedules can lead to fatigue. Drowsy driving is extremely dangerous and can be as risky as driving under the influence. Take breaks every two hours, share driving duties when possible, and stay hydrated.

#### 5. Secure Children, Pets, and Loose Items

Unsecured items in a vehicle can become dangerous during sudden stops. Make sure children are in proper car seats, pets are secured in carriers or harnesses, and loose items are stored safely. Never leave children or pets in a parked car, as temperatures can become deadly within minutes.

#### 6. Plan for Traffic

Summer means more travelers and more traffic delays. Check traffic and weather before leaving, allow extra travel time, and try to travel during off-peak hours when possible. Staying calm in traffic helps prevent aggressive driving and accidents.

#### 7. Be Aware of Teen Drivers

Summer months are sometimes called the "100 Deadliest Days" for teen drivers because crash rates increase when school is out. Encourage young drivers to avoid distractions, follow speed limits, and always wear seat belts. *(Continued on Page 2)*



## • Keeping AI prompts confidential

### Summer Driving

(Continued from Page 1)

#### 8. Watch Summer Weather Conditions

Summer storms, heavy rain, and bright sun glare can create dangerous driving conditions. Slow down in wet weather, use headlights in rain, and keep sunglasses in your car to reduce glare.

#### 9. Keep an Emergency Kit in Your Car

A basic emergency kit should include bottled water, snacks, jumper cables, a first aid kit, a flashlight, sunscreen, bug spray, and a phone charger. Being prepared can make a big difference in an emergency.

#### 10. Practice Defensive Driving

Staying alert, following at a safe distance, and anticipating other drivers' actions can significantly reduce the risk of accidents. Defensive driving is one of the best ways to stay safe on the road.

A little preparation goes a long way when it comes to summer driving safety. By maintaining your vehicle, staying alert, planning ahead, and preparing for emergencies, you can help ensure a safe and enjoyable summer for you and your family.

Source [American Safety Institute](#)

## PROTECTING K-12 SCHOOLS FROM GENAI DATA LEAKAGE: REDUCING THE RISK OF CONFIDENTIAL INFORMATION IN PROMPTS

*Gustavo Mastroianni, SIA Chief Information Security Officer*

Generative AI tools are rapidly entering the K-12 education environment. Teachers use them to draft lesson plans, staff use them to summarize documents, and students use them for tutoring, brainstorming, and writing support. These tools can create real efficiencies, but they also introduce a growing security concern, which is confidential information entered into prompts.

In a school setting, a seemingly simple prompt can expose sensitive data. A staff member might paste a student incident report into an AI tool and ask for a parent-facing summary. A teacher could enter details from an Individualized Education Program to generate accommodations language.

A student might upload personal information, login details, or sensitive project content into a chatbot without understanding the risks. In each case, the user may only be trying to save time, but the action can create a data security, privacy, and compliance problem.



For K-12 organizations, this is not a theoretical issue. Schools handle large volumes of protected and confidential information, including student records, health-related information, disciplinary records, employee files, financial documents, legal matters, and internal communications. When that data is entered into an unapproved or improperly configured GenAI tool, the district may lose visibility and control over where the information goes, how long it is stored, whether it is used for model training, and who may gain access to it later.

The risk is amplified because GenAI tools feel informal. Users often interact with them as if they are having a private conversation with a trusted assistant. That casual experience can lower a person's guard. Staff and students may not recognize that a prompt is effectively a data transfer. If the tool is consumer-grade, unmanaged, or outside the organization's security controls, confidential information may be exposed beyond the school's approved environment.

In K-12 education, the consequences of this kind of exposure can be significant. Student privacy laws and records management obligations can be implicated. Families may lose trust in the district's ability to safeguard information. Staff may unintentionally disclose sensitive personnel or operational data. In the event of a breach, the district may face legal, regulatory, financial, and reputational harm. Even when no external breach occurs, simply placing confidential data into the wrong AI platform can create unnecessary risk. (Continued on Page 3)

## Data Leakage

(Continued from Page 2)

The good news is that this risk can be reduced. The most effective approach is not to ban all GenAI use, but to implement layered security controls that lower both the likelihood of confidential data being entered and the impact if it happens.

**The first step is governance.** Schools need a clear GenAI acceptable use policy that defines what types of data may and may not be entered into AI tools. The policy should be specific, practical, and written for real users. “Do not enter confidential information” is not enough on its own. Staff and students need examples: no student records, no health information, no passwords, no discipline cases, no employee evaluations, no legal advice involving identifiable individuals, and no unpublished financial or security information. Approved use cases should also be identified so users understand where GenAI can be helpful and where it crosses the line.



**The second step is user education.** Training is one of the most important controls because prompt-based data leakage is often a human behavior problem before it becomes a technical problem. Staff should understand that AI prompts are not automatically private, that “free” public tools may carry additional risk, and that copied-and-pasted text can contain more sensitive information than they realize. Students also need age-appropriate instruction on responsible AI use, especially around privacy, digital citizenship, and the dangers of sharing personal information with online tools.

**The third step is technical enforcement.** Security controls should backstop policy and training. Data loss prevention tools can help detect and block sensitive content before it leaves the organization through web forms, cloud apps, browsers, email, or endpoints. Web filtering and secure access controls can limit access to unapproved AI platforms. Browser isolation, CASB capabilities, and SaaS governance tools can improve visibility into which GenAI services are being used and whether they meet district security standards. Where possible, districts should prefer enterprise AI platforms that contractually prohibit customer data from being used for model training and that provide logging, administrative controls, and retention settings.

**The fourth layer is data classification.** Many school organizations already classify information as public, internal, confidential, or restricted, but those classifications are not always extended to AI usage. They should be. When staff understand that certain categories of information are never appropriate for GenAI prompts unless formally approved and technically protected, decision-making becomes clearer. Classification labels can also be tied to automated controls that prevent copying, sharing, or uploading sensitive content to unauthorized destinations.

**Fifth, districts should build safer workflows,** so users do not feel forced to choose between productivity and compliance. If staff needs help drafting letters, summarizing policy documents, or generating instructional materials, they should have access to approved tools and approved methods. One effective safeguard is redaction or de-identification before content is entered into an AI system. Instead of entering a student’s name, disability details, and disciplinary history, a user can replace identifying information with generic placeholders and only include the minimum context necessary. Reducing the amount and sensitivity of data in prompts lowers exposure substantially.

Leadership also plays a role. School administrators, technology leaders, and risk managers should align on a simple principle, which is enable innovation, but only within guardrails. GenAI can support instruction and operations, but districts should not allow convenience to override privacy and security obligations. A balanced approach recognizes both realities at once: these tools are useful, and they can also create material risk if left unmanaged.

For K-12 schools, the goal is to lower the chances of confidential data exposure and reduce the impact when human error occurs. That means combining policy, training, approved tools, contractual protection, technical controls, and monitoring into a layered defense.

As GenAI adoption continues to grow, the schools that will be best positioned are not the ones that avoid the technology entirely. They are the ones that understand the risks, prepare their users, and put the right controls in place to keep confidential information from leaking through the prompt box.



- *Promote wellness with Golden Carrot*
- *Springtime fun at Safetyville*

## GOLDEN CARROT FUND: SUPPORTING WELLNESS IN YOUR DISTRICT

Did you know your district has access to dedicated funding to support employee health and wellness programs? The **Golden Carrot Fund**, offered through SIA, helps districts promote wellness initiatives that reach the greatest number of employees.



Each SIA member district in the Workers' Compensation Program is eligible to receive funding annually, based on the number of full-time employees. These funds can be used for a wide range of wellness activities, programs, or campaigns that support a healthier workplace. To streamline the process, each district designates a representative to coordinate requests.

Once a project is identified, a request form is submitted for approval. After approval, the district can move forward with purchases or services and submit receipts or invoices for reimbursement.

### A few simple ideas to get started:

- Host a wellness event with healthy food, giveaways, or chair massages
- Provide reusable water bottles, lunch bags, or wellness-themed items for staff
- Offer flu shot clinics or health screenings like blood pressure checks
- Organize a wellness challenge, appreciation week, or staff wellness fair
- Set up a healthy snack bar (salad bar or trail mix station) for employees.

### Keep in mind:

- Funds must be approved **before** purchases are made
- Funds are available July 1 – June 30 and do not roll over
- Expenses must support health and wellness initiatives

Whether you're planning a small activity or a district-wide event, the Golden Carrot Fund is here to help support your efforts.

For more information or to get started, please contact **Teresa Franco** at [tfranco@sia-jpa.org](mailto:tfranco@sia-jpa.org).

## SPRING HAS SPRUNG AT SAFETYVILLE!



Safetyville's spring calendar is full of fun, hands-on opportunities to build safety awareness for students, families, and the community, click [Safetyville Events](#) or call (916) 438-3380 for more information or to register for any of the events listed below.

Join us for **Bike Rides & Bike Rodeos this May 14 & May 16**, featuring interactive lessons on bike and traffic safety. Helmets will be available for those in need.

Don't miss **Night in the Little City on May 7**, an adults-only evening with local food, music, and community connection in support of Safetyville USA.

Bring the whole family for **Family Day on June 13**—a great way to enjoy safety-focused fun together.

Explore Safetyville on foot or riding your bike, scooter, or trike, during **Open Play & Exploration**. Open Play takes place on **Tuesday and Thursday afternoons from 3:00 PM to 4:30 PM**. All attendees, both riders and chaperones, will need a ticket. Helmets are required for all riders.

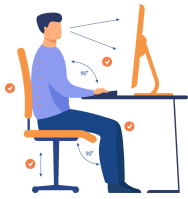
Safetyville USA is located at 3939 Bradshaw Road, Sacramento CA 95827



# ERGONOMIC TOOLBOX TIPS: ERGONOMIC SERIES WRAP UP

## Work Smarter, Feel Better

Lita Chang, B.S., SIA Ergonomist



As we wrap up our series on ergonomics, one message stands out clearly: small, intentional changes to your daily work habits can have a lasting impact on your health, comfort, and productivity.

Throughout the series, we've explored practical ways to create a more supportive and efficient workspace. From properly adjusting your desk, chair, and monitor to maintaining good posture, each step plays a role in reducing strain on your body. Thoughtful placement of your equipment helps minimize repetitive movements, while simple tools like headsets can prevent unnecessary stress on your neck and shoulders.

We've also highlighted the importance of movement and awareness. Regular breaks, like following the 20-20-20 rule or standing and walking throughout the day help reduce fatigue and keep your body engaged. Just as important is listening to your body. Early signs of discomfort are often signals to adjust your setup or change your position before minor issues become more serious concerns.

Ergonomics isn't about perfection, it's about consistency. You don't need expensive equipment or a complete workspace overhaul to see benefits. By making small, mindful adjustments and building better habits over time, you can create a safer, more comfortable work environment wherever you are.

Investing in ergonomics is ultimately an investment in your well-being. As you move forward, take what you've learned from this series and apply it in ways that work best for you. Your body will thank you today and in the long run.

If you'd like a quick recap of these tips in action, click here [Create Your Ideal Workstation](#) for key takeaways from this series.



# INFLATABLES AT SCHOOL EVENTS: WHAT YOU NEED TO KNOW ABOUT LIABILITY RISKS



School carnivals and other special events often include inflatable amusements. These activities bring additional liability concerns and beginning on July 1, 2026, inflatables will no longer be included in the district's coverage through SIA. If your site is planning to use any inflatable recreational device after July 1, 2026, it is recommended that you get insurance coverage specifically for special events.

Beginning July 1, 2026, SIA's Memorandum of Liability Coverage excludes claims arising from or relating to the "...ownership, maintenance, supervision, use or misuse of any trampoline or any inflatable recreational device, including but not limited to bounce houses, inflatable slides, and similar amusement devices."

The exclusion does not apply to exercisers, mini-trampolines, or similar devices when used in conjunction with an Individual Education Program (IEP). As with other special events at our school sites, please contact your risk management or business services department for assistance and guidance regarding SIA's coverage. These departments can reach out to SIA for assistance regarding coverage and pursuing Special Events coverage as appropriate.

Special Event policies provide coverage specifically for a planned event and the liabilities arising from that event. They require that each vendor at your event adds the member as an additional insured to the vendor's liability policy, which is a practice we recommend in all vendor contracts. *(Continued on Page 6)*

- *Be aware of heat illness*
- *New guidelines for extreme weather*



## Inflatables at school

*(Continued from Page 5)*

Thus, the Special Event coverage acts as coverage excess to the vendor's coverage and provides additional protection for the school district. It is important to note that in the case of a claim involving an inflatable, if the vendor's coverage and any Special Event limits are exhausted, there will be no coverage through SIA for this risk after July 1, 2026.

SIA is a joint powers authority (JPA) of 43 school districts. Together the districts contribute to a pool that provides coverage for workers' compensation, property, and liability programs. SIA is a not-for-profit organization and it is our mission to protect member district resources through sound risk management practices. Obtaining Special Event coverage helps protect your district and ensure funds are available for your classrooms.

For questions about Special Event coverage, contact Joe Costamagna at (916) 364-1281 or [jcostamagna@sia-jpa.org](mailto:jcostamagna@sia-jpa.org).

## HEAT SAFETY STARTS WITH YOU



As temperatures rise, so does the risk of heat-related illness, especially for staff working outdoors, in non-air-conditioned spaces, or supervising outdoor student activities. Knowing the warning signs and taking simple precautions can prevent serious health issues.

### Know the Signs

Heat illness can range from mild to life-threatening:

- **Heat Rash:** Red bumps or blisters caused by sweating in humid conditions.
- **Heat Cramps:** Painful muscle spasms from loss of salt and fluids.
- **Fainting (Heat Syncope):** Dizziness or passing out, often after standing too long.
- **Heat Exhaustion:** Headache, nausea, weakness, and heavy sweating.
- **Heat Stroke:** A medical emergency. Symptoms include confusion, loss of consciousness, slurred speech, hot dry skin or profuse sweating.

### Stay Safe in the Heat

Protect yourself and your coworkers by following these simple steps:

- Gradually adjust to hot conditions over 1–2 weeks, especially if you're new or returning from time off.
- Wear light, loose-fitting clothing and a wide-brimmed hat outdoors.
- Stay hydrated—drink water frequently, even if you're not thirsty.
- Take breaks in shaded or cool areas and avoid strenuous activity during peak heat.
- Watch for signs of heat illness in others. Establish a buddy system to check on each other, especially when working alone.

### Act Quickly

If someone shows worsening symptoms, cool them down immediately (shade, water, feet elevated). Call 911 if they have vomited, fainted, are confused or behaving unusually.

### Know Your Role

California law requires employers to have a Heat Illness Prevention Plan. As an employee, it is your responsibility to know your district's procedures and complete required training. If you have questions, contact your supervisor or risk management team.

Staying informed and prepared helps keep everyone safe during the warmer months.

For additional resources, visit: [CDC](https://www.cdc.gov) and [CalOSHA](https://www.dir.ca.gov/CalOSHA)

## PREPARING FOR EXTREME WEATHER: NEW GUIDELINES FOR SCHOOL SAFETY

By July 1, 2026, all school districts in California are required to have extreme weather protocols in place that prioritize student health. Senate Bill 1248 (SB 1248), became law in 2024 and instructed the California Department of Education (CDE) to develop standardized guidelines to help schools determine when weather conditions may pose a risk to student safety, especially during outdoor physical activities. *(Continued on Page 7)*



## Extreme Weather

(Continued from Page 6)

### What This Means for Schools

Under Education Code 33355, all school districts, charter schools, and county offices of education must **develop, adopt, and implement extreme weather protocols by July 1, 2026.**

These protocols must align with the CDE’s guidelines and include:

- Clear criteria for when outdoor activities should be modified or canceled
- Procedures for monitoring weather and air quality conditions
- Communication plans for staff, students, and families.
- Indoor alternatives for physical activity
- Staff training in recognizing and responding to weather-related illness
- Coordination with local agencies for timely weather information

These protocols must also be reviewed and updated annually to reflect changing conditions and best practices.

The protocols will apply to all outdoor events including physical education, recess, lunch periods, after-school programs, summer programs, and field trips.

### Understanding Heat Risk Levels

A key component of the guidelines is the California Department of Public Health’s (CDPH) Heat Risk Grid, which outlines five levels of heat threats:

- **Green (0) – Minimal Risk:** Normal activities can continue.
- **Yellow (1) – Minor Risk:** Increase hydration and limit time in direct sun
- **Orange (2) – Moderate Risk:** Adjust schedules; reduce time outdoors.
- **Red (3) – Major Risk:** Cancel outdoor activities during peak heat (10 a.m.–5 p.m.).
- **Magenta (4) – Extreme Risk:** Cancel all outdoor activities.

At higher risk levels (Red and Magenta), heat can be dangerous for all students, especially young children and those with health conditions, and requires significant changes to school routines. For additional information and to view the full Heat Risk Grid, visit the [CDPH website](#).

### Beyond Heat: A Broader Approach to Safety

While heat is a major focus, the guidelines also encourage schools to consider:

- **Air quality (AQI)**, including wildfire smoke
- Rain, flooding, and other hazardous conditions
- Access to shade, hydration, and cooling areas

### District Responsibility

SB 1248 places clear responsibility on district leadership to ensure compliance. Districts should implement systems that:

- Standardize safety protocols across all campuses.
- Provide real-time monitoring and alerts.
- Maintain clear documentation.
- Provide staff training.

These new requirements reinforce a shared responsibility: ensuring that students remain safe, healthy, and able to learn even as weather conditions become more extreme.

By planning, training staff, and staying informed, school communities can respond effectively and confidently when conditions change.

## SIA LEADERSHIP ACADEMY TRAINING



### Turning Disputes into Solutions June 4<sup>th</sup> - 8:30am-12:30pm

Conflict doesn’t have to divide your team – it can be a catalyst for stronger collaboration and innovation. This interactive workshop equips district managers with practical communication skills and problem-solving strategies to confidently manage and resolve workplace disputes.

For more information and to register, visit the [SIA website calendar](#).



- *Free Virtual Trainings*
- *Mindful Musings*

# FREE VIRTUAL TRAININGS TO ENHANCE YOUR LIFE



SIA provides the staff of our member districts with virtual training on a variety of topics that apply to both personal and professional life. All trainings are conducted by Optum, SIA’s Employee Assistance Program (EAP). To learn more or register for any of the training courses listed below, click the course title or contact [tfranco@sia-jpa.org](mailto:tfranco@sia-jpa.org). You also can join our [email list](#) to learn of future events at SIA – **Schools Insurance Authority** ([sia-jpa.org](http://sia-jpa.org)).

## MAY

5/5	<a href="#"><u>Healthy Habits</u></a>	12:00-1:00pm
5/5	<a href="#"><u>Healthy Habits</u></a>	5:30-6:30pm
5/6	<a href="#"><u>How to Simplify Life</u></a>	5:30-6:30pm
5/7	<a href="#"><u>How to Manage Your Finances</u></a>	5:30-6:30pm
5/12	<a href="#"><u>How to Support LGBTQIA+ Employees in the Workplace</u></a>	5:30-6:30pm
5/13	<a href="#"><u>Menopause and Mental Health</u></a>	5:30-6:30pm
5/18	<a href="#"><u>Maintaining Well-being Through Times of Uncertainty</u></a>	5:30-6:30pm
5/20	<a href="#"><u>How to Understand Nonverbal Communication</u></a>	5:30-6:30pm
5/27	<a href="#"><u>Understanding Employee Wellbeing for Managers</u></a>	5:30-6:30pm
5/28	<a href="#"><u>How to Use Conflict as an Opportunity for Employees</u></a>	5:30-6:30pm

## JUNE

6/1	<a href="#"><u>Get the Best of Stress</u></a>	5:30-6:30pm
6/2	<a href="#"><u>Eating Healthy for Less</u></a>	5:30-6:30pm
6/3	<a href="#"><u>Prevention of Bullying, Harassment and Discrimination for Employees</u></a>	5:30-6:30pm
6/4	<a href="#"><u>How to Understand and Develop Emotional Intelligence</u></a>	12:00-1:00pm
6/4	<a href="#"><u>How to Understand and Develop Emotional Intelligence</u></a>	5:30-6:30pm
6/5	<a href="#"><u>I'm Too Busy to Eat Healthily</u></a>	12:00-1:00pm
6/9	<a href="#"><u>How to Be an Effective Workplace Leader</u></a>	5:30-6:30pm
6/10	<a href="#"><u>Maintaining Balance in Life</u></a>	5:30-6:30pm
6/15	<a href="#"><u>Managing Family and Relationships</u></a>	5:30-6:30pm
6/16	<a href="#"><u>Money and Mental Health</u></a>	5:30-6:30pm

Interested in scheduling a live or in-person webinar for your district?

Click the link below to explore Optum’s training catalog: [Optum Global Digital Training Catalog](#)

*Please note: If your district participates in SIA’s Employee Assistance Program (EAP), you can request an in-person or virtual training course for your staff. Contact Teresa Franco at [tfranco@sia-jpa.org](mailto:tfranco@sia-jpa.org) to make the arrangements. Visit the SIA website at Employee Assistance Program-SIA for the list of participating districts. A 30-day notice is required for all training/webinar requests.*



*Breathe in the sunshine, blow out the clouds.*