Upcoming Event Dates:

Jan 11th – Toque Tuesday
Jan 19th – Faux Fur Day
Jan 27th – Buffalo Plaid Day – wear any plaid
Jan 28th – PD Day – No School

Principal's Message
January, 2022

Happy New Year!

In my Christmas message, I was reminding everyone that we were going to return from the break on Tuesday, January 4, 2022. Little did I know that the pandemic had other plans…!

As December was ending and my thoughts turned to my January message, my thoughts were soon interrupted by the provincial announcement that the winter break was going to be extended an additional week due to the ballooning Omicron case numbers. The extra time is "intended to give school authorities time to gather additional data and assess staffing implications and potential operational impacts." Not the way I anticipated beginning the New Year… However, as has become the case, we need to be adaptable and keep at the forefront the well-being of our staff and students.

While I cannot tell you exactly how the rest of the year is going to unfold, I have been afforded some additional time that has allowed me to reflect on the past month, the time when we prepared for the coming of our Saviour, Jesus Christ. To begin, I would like to thank the overwhelming response from our community to help in our Turkey Dinner, hosted on December 13. Your assistance was greatly appreciated, and allowed us to serve all the students in our school in advance of the scheduled times. I was also amazed by the times we could celebrate our faith, both within the Mass hosted at the school and through the celebrations created for weeks two and three of the Advent season. Finally, I wanted to make everyone aware of some of the extra things that were happening at the school as we attempted to spread Christmas Cheer to others.

Our "ESM Christmas Cheer Campaign" began by identifying a number of organizations that we thought could use a little extra support. In this case, support did not mean financial or physical, but rather, classes were asked to identify ways that we could show our appreciation and/or understanding. The students thought of several different activities that included making Christmas cards, developing posters, and even looking into the logistics of sending a video of classes singing. By the time the Christmas break had arrived, classes had done something special for Edith Cavell, All Saints Parish and St. Martha's, Alberta Rose Lodge, the hospital staff, our breakfast provider as well as the Lethbridge Food Bank, and our very own School Council. We have already been receiving positive feedback on how well these small acts were received – sometimes the smallest of acts can have a profound impact.

As I have mentioned in previous years, my hope is that we can continue to spread Christmas Cheer throughout the year. The acknowledgement of others' efforts and the random acts of kindness is not something that should be limited to simply the time before Christmas. Particularly in light of our current situation, everyone can use a bit of a boost. Let's make this our resolution for the upcoming year!

May God bless you all!

Dan

Message Mme Bouchard January 2022

Welcome to 2022! We hope and pray that you had a restful and joyous holiday season. We look forward to welcoming students back to school.

December was a busy month. We had a lot to be grateful for and celebrate. Students worked hard on spreading Christmas cheer in the community to various places such as the churches, senior's facilities, health care facilities to name a few. The students very much enjoyed creating cards and sharing them with others. During December, we celebrated mass with Father Kevin, our grade 2MI and 2/3PSI classes shared Advent celebrations with our school community. We were fortunate to have a school wide turkey dinner. What a beautiful tradition. Thanks to all of the volunteers that came to help serve; it was so lovely to see you.

During Gospel time in January, we will be led by St. Paul as he is a witness of the Gospel. We can follow his example of what it means to follow Jesus. We will focus on prayers of petition. These prayers are where we ask God for forgiveness and for help; we give it to God. As a school community, we pray for the sick, we pray for healing and we pray for hope for our world. We will continue on our faith journey, working towards being accountable and committed. The 1DI class will be sharing a liturgy celebrating the Baptism of the Lord that will take place in classrooms once students return to school.

May God Bless you, keep you and guide you every day through 2022. It is going to be a great year! Regardless of what lays ahead, we have each other, we have our faith and we can be hopeful for a better tomorrow.

Mme Bouchard

"Be joyful in hope, patient in affliction, faithful in prayer."
Romans 12:12

UPDATE:

With the new Omicron COVID-19 variant we are receiving new information daily. We want to thank you for your patience and ability to adapt daily with the changes made at school and in our community. The one thing we can tell you, as a school and as a community member, is: **if you are sick- stay home. If a child is "a little sick" please keep them home**. This will slow the spread of any illness.

Below is the link for the Alberta Government Webpage outlining the return for students on January 10th. There is information regarding the rapid test kits and the masks the government is providing. These are to be sent home when the school receives them (they may be late, we know as much as you do! Again, we Thank you for being patient!)

https://www.alberta.ca/k-12-learning-during-covid-19.aspx

MASKS

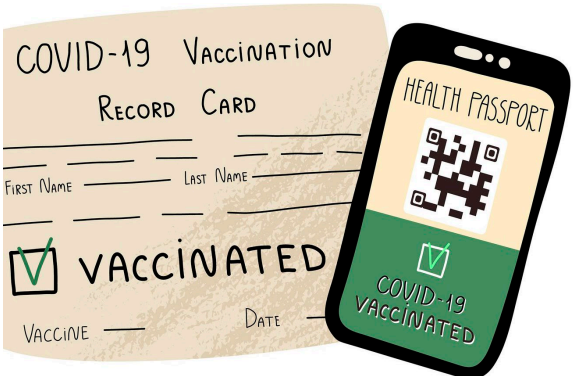
EVERYONE is required to wear a mask.

Adults are asked to wear a mask when you enter the building.
If you do not have a mask please wait outside and call the office. We will assist you over the phone and/or send your child out when they check in at the office.
ESM Office phone: 403-327-3098

Please send your child with their own mask and an extra one in their backpack. We DO NOT always have the appropriate size for your child(ren). Please be safe!

For more information about our 2021/2022 school year visit our division website at https://www.holyspirit.ab.ca/resources_publications/news/whats_new/updated_guidelines_for_2021_2022
OR:
https://esm.holyspirit.ab.ca/resources_publications/news/whats_new/winter_break_extended_until_january_10__2022

Proof of Vaccine



Holy Spirit Catholic Schools have implemented proof of vaccine for all Visitors. Parent volunteers, contractors, community members, visitors and all person's over 18 are required to show their QR code and have it scanned in the office and then will be allowed to enter the school.
We still remain a **CLOSED Campus.** Proof of vaccine does not mean you can come into the school at any time just to visit. We still require you to book an appt with the office.

If you do not have a mask, please wait outside and call the office, then we can send your child outside to meet you.

ESM Office Phone: 403-327-3098

House Team News:

December's Winner is the Grey Whales! Congratulations!

Samaritan Stars:

This year we have chosen to change our Perfect Attendance monthly draw to our "Samaritan Stars" draw instead. In light of the always changing world we live in we don't want to encourage kids to come to school if they are sick just because they can be entered in a draw. Instead, as the students do good deeds and display exemplary actions/attitudes, their fellow classmates can nominate them and put their name in a jar. From here we draw names to win a cheque for $25.00 which is graciously donated by Ward Bros. Construction. Thank you, Ward Bros., for your continued generosity to our school!
For the month of December our winners were: Ave from 1DI and Kendall from 2/3PSI

TRANSPORTATION:

School buses are provided by Southland Transportation.
Bus Maps can be found at: https://www.southland.ca/lethbridge/

Download the MyBusSchool App.

This is the best way to monitor changes and updates to your child(ren)s bus routes.
This is also the best way to check for delays.

For the most up-to-date routes please go to the southland website:
https://www.southland.ca/lethbridge/

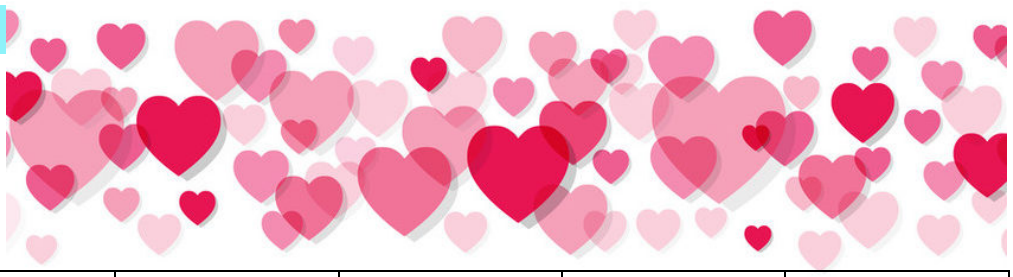
House Keeping Items:

- Send a Water Bottle with your student. There are fill stations but no water fountains.
- If you have moved, please email esmoffice@holyspirit.ab.ca with your address change.
- Our monthly newsletter is sent out at the beginning of the month and can be found on the website.
- Closed Campus – Visitors must come to the office with proof of vaccine
- Call the office if your child will be late or absent for any reason. 403-327-3098

January 2022 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Year's Day
2	**3** **NO SCHOOL** Christmas Break	**4** Baptism of the Lord	**5**	**6**	**7**	**8**
		Extended Winter Break				
9	**10** **First day back**	**11** **Toque Tuesday**	**12**	**13**	**14**	**15**
16	**17**	**18**	**19** **Faux Fur Day**	**20**	**21**	**22**
23	**24**	**25**	**26**	**27** **Plaid Day**	**28** **NO SCHOOL** PD Day	**29**

February 2021 Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31	1	2 Groundhog Day	3	4	5
6	7	8	9	10	11	12
13	14 Valentine's Day	15	16	17	18	19
20	21 Family Day	22	23	24	25	26
27 1st week of Lent	28					

NO SCHOOL – Reading Week

Looking forward to a new year with ...

Holy Spirit Catholic School Division

2022/2023 REGISTRATION

Re-Registration Starts January 17, 2022

Families who already have students in our system should expect an email during the week of January 17-21, 2022 asking that the online "Registration Update Form" be completed for each child who will be attending during the 2022/2023 school year.

This update allows us to make sure the information on file is accurate and that any legal declarations, preferences and consents are renewed. It also allows our schools to plan for the upcoming school year.

Parents/guardians who are hoping to register younger siblings new to the division will also have the opportunity to do this at the same time that they re-register older students.

New Student Registration Starts February 1, 2022

Students new to the division who wish to enroll for the 2022/2023 school year are invited to register online starting on February 1, 2022.

- Our **Early Learning Program** is designed to stimulate the growing curiosity of children 3 and 4 years of age.
- Our **Kindergarten** is designed for children 5 years of age on, or before, December 31, 2022.

For information about our Early Learning and Kindergarten Programs, or to discuss your child's specialized programming requirements, contact our Early Learning Coordinator at 403-381-8495 or earlylearning@holyspirit.ab.ca.

For More Information

If you need assistance with the online registration process, or have any questions, contact your child's school or visit the school division's website at www.holyspirit.ab.ca.

Holy Spirit Catholic School Division

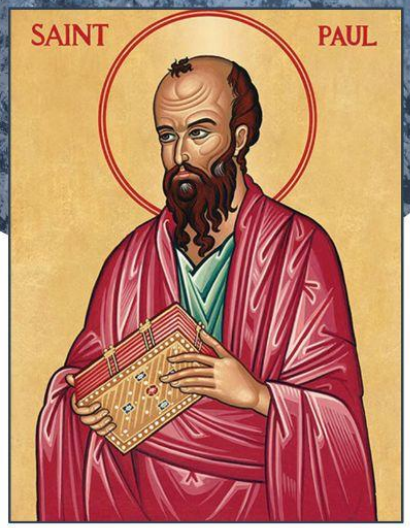
...where students are cherished and achieve their potential.

January

Together on the Journey

"My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God."

1 Corinthians 2:4-5



St. Paul

School: St. Paul

ST. PAUL

St. Paul is one of the most influential of all the saints. Many of his writings are contained in the Bible and have influenced the growth and development of the Church since the first century. St. Paul was originally known as Saul. He was a Roman citizen and a Jewish Pharisee who believed in the strict observance of God's Law. He persecuted the early Christians and was present at the martyrdom of St. Stephen. While on the road to Damascus, Saul had an encounter with the risen Christ. His encounter convinced him that Christ had come for all and the observances of Jewish Law were not necessary for those who believed in Christ. He was subsequently baptized and took the name of Paul.

Paul spent his life travelling and preaching, primarily to the Gentiles. In 67 AD, Paul was arrested in Rome and was beheaded under Emperor Nero. Throughout his life, he established churches and remained in communication with the faithful, often writing letters to answer questions and resolve disputes. The letters that have survived have become part of the Bible.

Evangelization is the Work of God

7 TIPS FOR YOUR CONVERSION PROCESS

1. **The people in your life didn't change, you did**
   The only difference is that you walk with the Lord now.
2. **You can't be holy overnight**
   Holiness is a lifetime process. Keep going!
3. **You may feel tempted to give up**
   Don't get discouraged and don't try to silence your conscience.
4. **Remember that faith is not a feeling**
   Let your goal be to love God at all times, even when it gets hard.
5. **Keep praying and learning**
   The spirit must be trained, set some real resolutions.
6. **Talk about God**
   Bring God everywhere you go, with your words and actions.
7. **And remember...you are Catholic everywhere**
   Be a Catholic outside your group or movement, the world needs you!

Sources: Catholic Link
Reflections on the Conversion of St. Paul

Reflections on the Conversion of St. Paul

All of us are called to conversion — probably not in a sudden dramatic fashion like Saul — but still constantly day by day we are called ever more to surrender our lives to Christ. He calls us too by our own name with great mercy and tenderness; he calls us to abandon our special resistance to his will and plan for our lives and to conform ourselves to his will and plan.

If we are to respond to that call we, like Paul, must give ourselves up to prayer, stopping the whirl of frantic activities and putting ourselves before God, saying like Paul: "What shall I do?" (Acts 22:10).

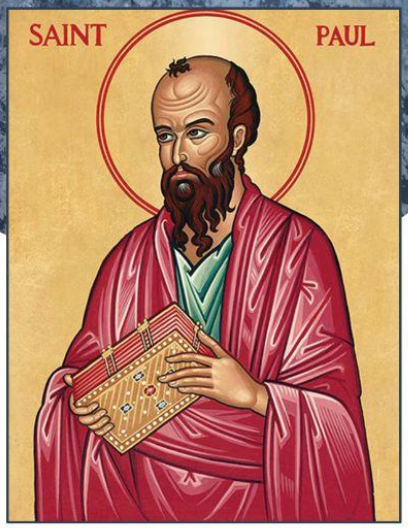
St. Paul's conversion is not just an interesting historical episode from the beginning of the Church — is is paradigmatic for our own continued journey of conversion. All of its elements can be applied to ourselves.

"Therefore encourage one another and build up each other, as indeed you are doing."

- 1 Thessalonians 5:11

January

Together on the Journey



St. Paul

School: St. Paul

Feast Days and Celebrations
January 2022

1	The Solemnity of Mary, the Holy Mother of God
1	World Day of Peace
2	Epiphany of the Lord
9	Baptism of the Lord
14	World Day of Migrants and Refugees
18-25	Week of Prayer for Christian Unity

As you journey with St. Paul this month...

WEEK ONE

Paul's conversion was quite dramatic. Not all of us will have a similar conversion experience in our relationship with God. Consider the infographic on page one - is there one area that speaks to you the most and might be an area for growth in your life?

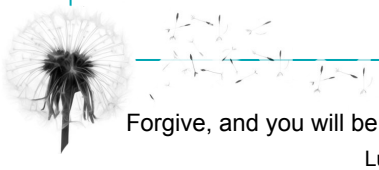
WEEK TWO

When Saul (Paul) was suffering (temporarily blind), he entered into prayer and fasting, even though suffering usually makes us want to "check out." With St. Paul as an example, contemplate this verse and how it may help you during a difficult time: "*For I, the Lord your God, hold your right hand; it is I who say to you, "Do not fear, I will help you.*" - Isaiah 41:13

"Do not fear, I will help you."

WEEK THREE

Stephen had, like Jesus, prayed for God to forgive his murderers. God heard his prayer and extended forgiveness to Saul. But the rest of the Church still had to live the hard task of forgiveness. Could you have forgiven Saul? Ask for the grace to forgive your enemies or anyone who has hurt you.



Forgive, and you will be forgiven.

Luke 6:37b

WEEK FOUR

Paul's mission flowed from his relationship with God. He took time away from the mission to seek the "one thing necessary" (Luke 10:42). When is the last time you went on "retreat"? It's the beginning of a new year. Look at your calendar this week and include time alone with God. Whether it's a specific location or alone in your room, think of ways to include God in your life.

Sunday Gospel Readings

Jan. 2nd/Epiphany of the Lord
Matthew 2:1-12

Jan. 9th/Baptism of the Lord
Luke 3:15-16, 21-22

Jan. 16th/2nd Sunday in Ordinary Time
John 2:1-12

Jan. 23rd/3rd Sunday in Ordinary Time
Luke 1:1-4; 4:14-21

Source: *Daily Lessons from the Saints* by Fr. Brice Higginbotham

What is a vape?

A vape is an electronic smoking device that contains a cartridge of liquid (e-juice) that may containe nicotine or cannabis (THC) in a liquid form. The e-juice is heated into an aerosol cloud and inhaled by the user.

What should parents look for?

Parents should pay attention to an unusual attachment to a USB stick, sharpie, pen, lipstick, key fob, etc. These items may be a vape "disguised" as everyday items.

What is in e-cigarette liquid?

Nicotine, which is a highly addictive drug.

A combination of water, chemicals and propylene glycol, which is a food preservative and is in antifreeze and theatre fog.

When the chemicals in e-juice are heated, they form new toxic compounds including formaldehyde and acetaldehyde, known to cause cancer; and acrolein which can severly irritate the eyes and airways. Added chemicals for flavour may not be safe to inhale and they can irritate the lungs and airways.

Vaping is not harmless

Vaping can increase your exposure to harmful chemicals and lead to nicotine addiction. The short and long term health effects are unknown. Recent reports show an increase in vaping-related injuries; including significant respiratory and health effects such as lung failure, seizures and even death.

Although rare, some vaping devices may catch fire or explode, leading to burns or injuries.

Talk to your teen about vaping

Talk to your teen about vaping early, even as young as age 10.

Know the facts so you can disucss the health risks and nicotine addiction.

Focus on the short-term effects of vaping – it can change the way your brain works, may make it harder to breathe, it costs a lot of money, and youth are the target of big companies looking for lifelong customers.

Correct misconceptions in a calm manner and take time to listen.

MORE RESOURCES

https://www.canada.ca/en.html

Search *"About Vaping"* and *"Talk with Your Teen about Vaping"*

Information on mental health, community supports, programs and services in your area:

MyHealth.Alberta.ca

Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

811 Health Link Health Advice 24/7

Alberta Health Services

Healthy Children

Alberta Health Services

January 2022 Family Newsletter

Handle with care: Ways to support your child's mental health

This pandemic has lasted much longer than many of us expected. Despite our best efforts to help kids adapt and stay well, there are still challenges. Some children continue to learn remotely. Others have gone a long time without play dates, after-school activities, or visits with extended family. In the face of so much disruption, it's natural to worry about how your kids are holding up.

When it comes to mental health, the day-to-day ways that you care for your child matter. Your support nurtures their well-being and helps them cope with life's ups-and-downs. You play a key role in noticing problems and responding to them. As the pandemic carries on, here are some tips to help you care for your child's mental health.

Check in

Every day, take a few moments to check in with your child. Ask them about their activities and interests, and how they've been doing. Encourage them to talk about their thoughts, feelings, and emotions.

Healthy Children

Checking in with your child can feel more natural while you're doing an activity together, like eating a meal, driving, or walking the dog. If it seems like they just aren't comfortable opening up with you, help them find a trusted adult they can turn to if they need help, like a teacher, coach, grandparent, Elder, or faith leader.

Reassure your child that you're there for them, no matter what. Give them your full attention—really listen to what they say. It's okay for your child to feel sad, mad, or upset about something. You may not agree or understand, or it may seem silly to you, but their difficulties are real to them. Try not to judge. Instead, show empathy and compassion.

Surround them with calm, warmth and safety

As much as you can, provide a positive home environment that nurtures your child's healthy growth and development. Here are some things you can do:

- Love and accept them
- Encourage and support their interests, efforts, strengths, and passions
- Create predictable routines and set clear boundaries
- Help develop their social emotional skills, like how to handle challenging emotions, set goals, and solve problems
- Involve them in decisions that affect them
- Support and model healthy habits, like eating well, staying active, and getting enough sleep
- Unplug from technology as a family, especially at mealtimes, bed time, and during play
- Go outside together—unwind, move your bodies, and spend time in nature

Help them learn about stress

Teach your child that stress is a natural response to challenging situations. Help them figure out what stress looks like and feels like for them—for example, they might feel nervous, shaky, or nauseous. Stress looks different for everyone. Recognizing it is the first step in handling it.

Help your child explore different ways to cope with stress. Role model the techniques that work well for you, and give them an opportunity to learn and practice what works for them. Here are some techniques you can try together:

- Physical activity, like running, dancing, or stretching
- Calming activities like yoga, art, or music
- Going outside, even for just a few minutes
- Breathing exercises like starfish breathing or box breathing – learn how with this 5-minute video: Stress explained: Elementary edition

For more information about mental health, visit:

- Stress in children and teenagers
- Your child's mental health

Healthy Children

Be proactive about mental health

You know your child best. Ask yourself how they are doing at home, at school, and with friends. Watch for changes in the way they think, feel, or act. Keep an eye out for physical signs of distress, like headaches or tummy aches, sleeping problems, or lack of energy.

If your child is experiencing distress that's intense, long lasting, or causing problems in daily life, there are caring professionals and programs that can help. Many are low-cost or free.

- Your family physician can be a great first point of contact. Ask them about local options, like psychologists, social workers, support groups, or community organizations.
- Your child's teacher may be able to help. Ask them about supports for mental health at school, like counsellors, success coaches, or child and youth specialists. Many schools also offer mentoring groups or peer support networks.
- You can visit ahs.ca/helpintoughtimes for a directory of services, phone numbers, and virtual supports for handling financial pressures, unexpected challenges, and stressful situations.
- You can call **811** to speak with a registered nurse, any time of day or night.
- Your child can contact Kids Help Phone any time, to talk about anything:
    - By phone: **1-800-668-6868**
    - By text: Text **CONNECT** to **686868**
    - Through Facebook Messenger: Visit KidsHelpPhone.ca/Messenger

If your child is talking about suicide or has engaged in suicidal behaviour, don't leave them alone. Call **811** for support. If anyone is in immediate danger, call **911.**

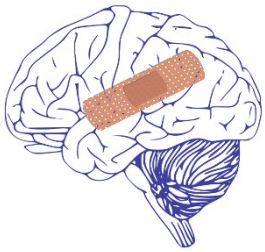
Alberta Health Services

Community Education Service

CES

Your Brain on Stress

Madison Long, MSc Developmental Psychology,
PhD candidate in Neuroscience, University of Calgary



We've all felt it…sweaty palms, heart racing, and tunnel vision. It's stress!

While some stress is good to live a productive life, excessive stress can hijack the body's usual response system, sometimes leading to mental health problems. Knowing how stress impacts our brain and our bodies helps us understand mental health problems and appreciate that they are real, physical processes in our brains; never "*just in someone's head*". And just like other medical illnesses or injury, brains and bodies can recover with the right support and treatment.

This topic is a continuation of a partnership with Calgary Board of Education and pediatric resident physicians from the Alberta Children's Hospital. Initially delivered to students and faculty at junior high schools, this webinar aims to include the whole family and close the loop in communication on mental health.

Pediatricians in training hit Calgary schools to raise awareness about mental health | CBC News

Join us to learn about the stress response system, stress coping strategies and support for mental health, and supporting loved ones who might be experiencing mental illness.

Open to all - kids/teens alike

Thursday Jan 6 2022
6:30 pm (mst)

Click here to register

This session is presented by the Community Education Service of the Mental Health & Substance Use Collaborative Initiatives & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services

CES@ahs.ca http://community.hmhc.ca/ 403 955-4730

Healthy Teens

Alberta Health Services

January 2022 Family Newsletter

Just be there: How to support your teen's mental health

This pandemic has lasted much longer than many of us expected. Despite our best efforts to help teens adapt and stay well, there are still challenges. Some students continue to learn remotely, and others have gone a long time without in-person visits with friends or extended family. In the face of so much disruption, it's natural to worry about how your teen is holding up.

When it comes to mental health, the day-to-day relationship you maintain with your teen matters. Your presence and support nurtures their well-being and helps them cope with life's ups-and-downs. You also know them better than anyone else does, so you play a key role in noticing and responding to problems.

As the pandemic carries on, here are some tips to help you be there for your teen.

Check in

Every day, take a few moments to check in. Ask your teen how they've been doing and what they've been up to. Encourage them to share their thoughts, feelings, and challenges. Be honest about how things are going with you—this can help open up

and normalize conversations around mental health.

Checking in with your teen can feel more natural while you're doing an activity together, like eating a meal, driving, or walking the dog. If it seems like they just aren't comfortable opening up with you, help them identify a trusted adult they can turn to if they need help, like a teacher, coach, grandparent, Elder, or faith leader.

Reassure your teen that you're there for them, no matter what. Give them your full attention—really listen to what they say. It's okay for your teen to feel sad, mad, or upset about something. You may not agree or understand, or it may seem silly to you, but their difficulties are real to them. Try not to judge. Instead, show empathy and compassion.

Surround them with calm, warmth, and safety

As much as you can, provide a positive home environment that nurtures healthy growth and development, and builds their independence. Here are some things you can do:

- Love and accept them
- Encourage and support their interests, efforts, strengths, and passions
- Try not to solve their problems for them; instead, help brainstorm solutions
- Listen to their opinions and give them an active role in making decisions
- Work together to set healthy routines for getting school work done and for things like staying active, eating well, and getting enough sleep
- Set boundaries and stick to them—just be open to negotiating as your teen matures
- Help them break big tasks into smaller, more achievable goals
- Encourage and model unplugging from technology, especially for meals, homework, and sleep

Help them understand and manage stress

Teach your teen that stress is a natural response to challenging situations. Help them figure out what stress looks and feels like for them—for example, they might feel nervous, shaky, or nauseous.

Recognizing stress is the first step in handling it. Learn more with this handy 4-minute video and encourage your teen to explore different ways of coping. Role model the techniques that work well for you, and give them opportunities to learn and practice what works for them. Some common techniques are:

- Breathing exercises
- Physical activity, like running, dancing, or stretching
- Calming activities like yoga, mindfulness, art or music
- Spending time in nature

For more information about mental health, visit:

- Stress in children and teenagers
- MentalHealthLiteracy.org

Healthy Teens

Be proactive about mental health

You know your teen best. If you have concerns about the way they are thinking, feeling, or acting, it's a good idea to get help. Identifying concerns early and responding to them can prevent future problems, and can make things easier for both you and your teen.

If your teen is experiencing distress that's intense, long lasting, or causing problems in daily life, there are caring professionals and programs that can help. Many are low-cost or free.

- Your family physician can be a great first point of contact. Ask them about local options, like psychologists, social workers, support groups, or community organizations.
- Your teen's teachers may be able to help. Ask about supports for mental health at school, like counsellors, success coaches, or child and youth specialists. Many schools also offer mentoring groups or peer support networks.
- You can visit ahs.ca/helpintoughtimes for a directory of supports for handling financial pressures, unexpected challenges, and stressful situations.
- You can call **811** to speak with a registered nurse, any time of day or night.
- Your teen can visit jack.org/abhub for online resources to help them care for themselves and look out for others.
- Your teen can contact Kids Help Phone any time, to talk about anything:
  - By phone: **1-800-668-6868**
  - By text: Text **CONNECT** to **686868**
  - Through Facebook Messenger: Visit KidsHelpPhone.ca/Messenger

If your teen is talking about suicide or has engaged in suicidal behaviour, don't leave them alone. Call **811** for support. If anyone is in immediate danger, call **911**.