

Family



Lots of babies

Dr. Ben Martin, MD delivered Holt Wageman on July 28. Holt was the last scheduled delivery for Dr. Martin. During his career he delivered 1,177 babies and has decided to retire from this portion of his practice. He will continue to see patients at Wayne Family Medicine. Pictured are Holt's parents and brothers, (left) Scott, Tucker, Dr. Martin holding Holt, Sean and Jennifer



Learning about electricity

Tom Weyeneth with Northeast Power (right) demonstrated the power of electricity by "cooking" a hot dog. This was one of educational events held during the Haskell Ag Lab's Family Day in August.



STEM learning

Extension Educator Sarah Roberts demonstrates the science behind bubbles during this year's Family Day at the Haskell Ag Lab near Concord this summer.

Parents can work together to make Halloween safer

Halloween is often just what the doctor ordered. Nestled between the start of a new school year and the arrival of the holiday season, Halloween is an opportunity for children and adults alike to have some fun as they dress up in costumes and indulge in some sweet treats.

Even though Halloween is designed to be an entertaining day, it is not without its risks. The Child Safety Network says on average, two times as many child pedestrians die on Halloween compared

to other days. Costume safety and food allergies are some additional hazards to contend with on Halloween. Parents can work together to help reduce the safety risks associated with Halloween.

Light it up
Lack of visibility and dim lighting at night increase the risk of pedestrians being struck by cars on Halloween. Improving visibility can go a long way toward cutting down on accidents and related deaths. Homeowners can keep

the lights turned on and perhaps illuminate neighborhoods even more by temporarily installing strands of Christmas or bistro style lights.

Children can carry battery-powered flashlights, lanterns or even glow sticks to make them more visible. Reflective tape placed on candy bags or somewhere on costumes also can help.

Set up safe trick-or-treat zones

The popularity of trunk-or-treat events that emerged several years ago took some of the risk out of Halloween by containing trick-or-treating to a parking lot at a school or church. Neighbors can establish something similar close to home by petitioning the town for permits to close a specific road or roads to vehicular traffic for a "block party" of sorts. Residents in the area can trick-or-treat and party in the street without risk of injury from cars. Ask participating neighbors to chip in for refreshments and entertainment, if desired.

Check candy

Generation Xers may recall their parents warned against eating candy from Halloween before it could be inspected for hazards. Unfounded claims of dangerous items being lodged into candy perpetuated the suspicion of all

Halloween confections for some time.

There is a risk of eating candy without thought, but that risk is now primarily related to food allergies. The United States Department of Agriculture estimates, each year in the U.S., allergic reactions to food results in 30,000 emergency room visits, 2,000 hospitalizations and 150 deaths. Common allergens include peanuts and other nuts as well as eggs and dairy. Others may be intolerant to ingredients like gluten or soy. Inspecting candy nutrition information can help weed out candy that may cause a reaction for those with food allergies or other concerns.

Prepare homes

Adults and parents can take additional steps to prepare their homes for Halloween. Keep the porch and front yard clear of tripping hazards, such as garden hoses, decorations and toys. Sweep away leaves and branches to prevent tripping or slipping. Restrain pets so they do not jump on trick-or-treaters. Offer a variety of treats for kids of all ages so trick-or-treaters get age-appropriate items.

Halloween fun and safety can go hand-in-hand this October.



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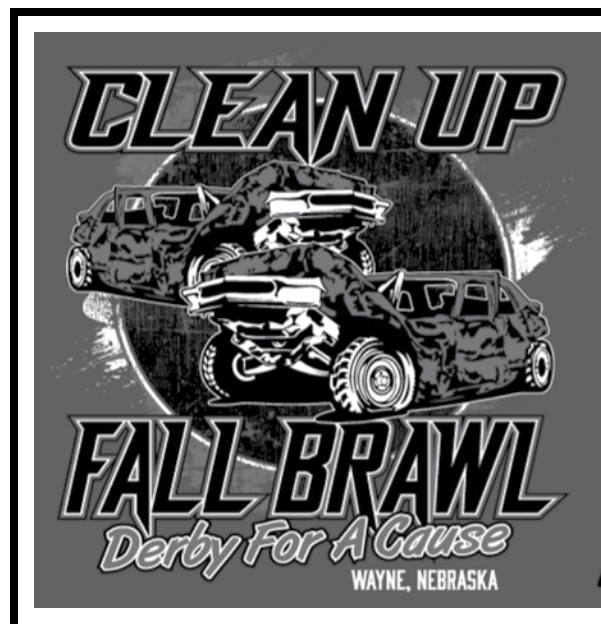
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**Saturday
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at 5 pm.**

**Wayne
County Fair
Grounds**

Coping with sibling rivalry

Siblings are the first friends many children have. A close relationship with a brother or sister can lay the foundation for a happy life and provide a built-in support system that only grows and matures as siblings age.

According to a 2014 study at the Family Studies Center at Brigham Young University that examined relationships between siblings in more than 300 families, a quality relationship with a brother or sister may lead to children being more selfless. But this is only one of the many benefits of being a sibling.

Parents know relationships between siblings are not always smooth sailing. In fact, sibling rivalry is a component of many family dynamics. Parents may find that maintaining peace in the household when siblings bicker can be challenging. Yet there are ways for parents to mitigate sibling rivalries.

Identify the causes of sibling rivalry:

Before parents can get to the business of handling a sibling rivalry, they first need to understand what is behind it. According to the Mayo Clinic, sibling rivalry tends to develop as siblings compete for their parents' attention, respect and love. Rivalries can be affected by the age gap of children (those close in age

may battle more often), and their places in the family dynamic (middle children may not feel they are getting the same share of privileges or attention as their older and younger siblings). Children of the same sex also may be more likely to compete against one another.

Take a hands-off approach at first:

Experts say parents should first stay out of the rivalry. They should let children learn skills related to conflict resolution on their own. Parents can refresh their children's minds on the importance of being patient and expressing emotions in a calm manner, according to the education company Discover Point. Parents should not be quick to mediate as soon as an argument occurs. If things get out of control, then parents can step in and serve as neutral parties in the dispute.

Avoid labels and comparisons:

It is human to want to categorize or organize things in our lives. Children inadvertently may be given titles, such as "the jock" or "the brain" of the family. Sometimes parents do not even realize they are labeling their children, such as when lamenting that a son or daughter always makes the family late, or that one

seems to be a happy helper. These seemingly harmless observations may be setting up rivalries, especially if one child feels he or she is getting the short end of the stick. Parents should make every attempt to avoid voicing comparisons or labeling kids.

Offer one-on-one time:

Families can and should do things

together, but parents also can devote special and equal one-on-one time with each child. This can foster strong relationships and help each child feel respected and loved.

Sibling rivalry is a dynamic within many families. Certain strategies can diminish the likelihood of rivalries developing or help quash disputes.




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**Adult Nights
September 16
and October 7**

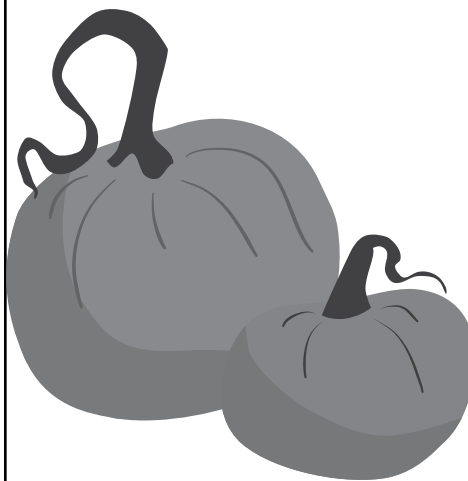
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Tuesday & Wednesday: 10:00 to 3:00

Thursday - Sunday: 10:00 to 6:00

Closed Mondays

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www.poppypumpkinpatch.com

Directions: 3 Miles South of Norfolk on Hwy. 81 to 837th Road Sign then go West for 2 1/2 Miles. Watch For Signs.

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How to prevent head lice

As a new school year begins, parents may grow nostalgic about their own school days. Though thoughts of recess and field days may be the first memories parents think of, they no doubt also recall the less enjoyable parts of school, including annual tests for head lice.

Head lice screenings are no longer required by many school systems. According to the New Jersey Department of Health, classroom or school-wide screening has not been proven to be necessary or effective at controlling the spread of head lice, which is one reason why many schools no longer require testing at the start of a new school year. However, head lice can still affect kids, so it's important that parents recognize what lice is and how to prevent it.

What is head lice?

The NJDOH notes that head lice are small insects that are around 1/16- to 1/8-inch long. Despite their size, head lice have claws that allow them to cling to hair shafts and suck blood from the heads of their hosts.

How is head lice spread?

Much of the reasoning behind testing for head lice at school had to do with how lice spread. According to the Centers for Disease Control and Prevention, head lice are spread most

commonly by direct hair-to-hair contact, though in rare instances they can spread through shared clothing or belongings.

How can head lice be prevented?

The CDC recommends various strategies to prevent the spread of head lice. Parents can keep a watchful eye on kids during play dates and educators can do the same during recess to ensure children are not engaging in ways that can spread head lice.

- Avoid hair-to-hair contact during play and other activities at home, school, playgrounds and other times when kids gather in close contact.

- Do not let kids share clothing, especially hats, scarves, coats, ribbons and barrettes.

- Do not share combs, brushes or bath towels.

- Disinfect combs and brushes used by an infested person by soaking them for five to 10 minutes in water that is at least 130 F.

- Discourage kids from lying on beds, couches, pillows, and carpets that have recently been in contact with an infested person. Kids also should avoid stuffed animals that have been in contact with an infested person.

- Lice can survive for one to two days after falling off an infested person. So



Reading with a friend

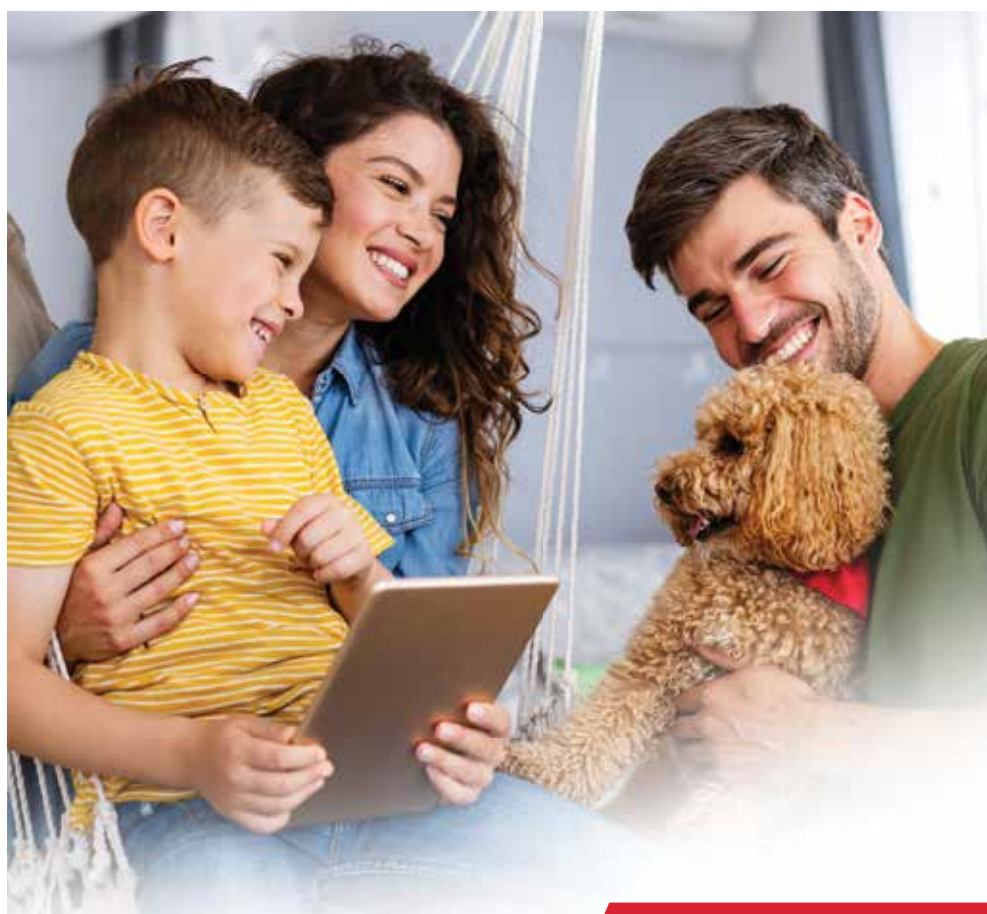
Six year old Rowan Witt took time away from watching a parade to read with the sculpture outside F&M Bank earlier this year. Her three-year old brother, Griffin had been reading with her, but went off to other activities. The two are children of Spencer and Renate Witt.

any clothing, bed linens or other items worn or used by an infested person over the previous two days should be machine washed in hot water (no less than 130 F) and dried on the high heat drying cycle. Dry clean items that cannot be placed in a washing machine and store other items in a sealable plastic bag

for two weeks before reusing.

- Avoid fumigant sprays or fogs, as the CDC notes such products can be toxic if inhaled or absorbed through the skin.

Schools may no longer test for head lice, but kids can still become infested. Parents can emphasize various strategies to prevent infestations.



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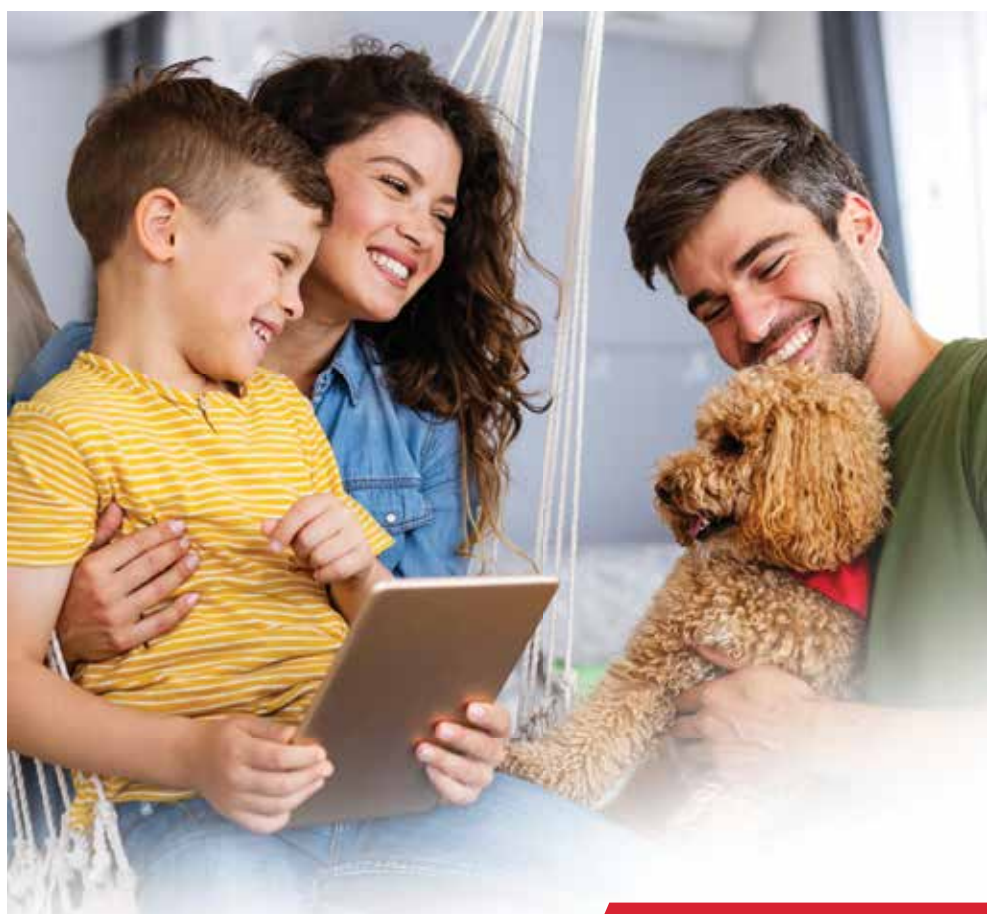
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Unique academy and educational tracks in school

Schools continue to evolve and change their curriculum to meet the needs of modern students. Many schools now recognize the importance of helping students develop skills that will help them be competitive in the world and workforce. One way they are doing so is through the development of educational academies or specific academic tracks to give students an advantage later in their academic careers. Here is a close look at such offerings, which tend to be primarily at the high school (secondary school) level.

- **Early college academy:** Early college academy, also known as early college high school, is a program that enables high school students to earn two-year associates degrees at the same time as they earn high school diplomas, according to U.S. News & World Report. The

Early College High School Initiative was established in part in 2002 by the Bill & Melinda Gates Foundation.

Early colleges have expanded over the last 20 years, and these programs may work in different ways. Some bring high schoolers to college campuses to take courses in-person, or there may be remote course offerings. Others provide college courses in a high school setting. High schools develop complementary relationships with accredited colleges in the area, typically community colleges. Upon completion of the programs, students in the early college courses will receive associates degrees. Advantages to an ECA is that students already have completed two years of college, which saves time and money.

- **Dual enrollment/Advanced placement:** High schools have been offering

this option for some time now. Dual enrollment classes are essentially college courses that high schoolers take while in high school. Professors from nearby colleges may teach these courses right in a high school classroom. High school teachers also may be trained to instruct a college's approved coursework. At the end of the course, the student will have received credits for that college course.

Advanced placement (AP) classes are classes with college-level curricula created by the College Board. AP students must pass AP exams at the end of the classes. Certain colleges will accept AP classes as college credit depending on students' scores on the tests. Both of these avenues may help students earn college credits, provided the school they attend will accept the credits.

- **Career tracks/pathways:** Students

may choose to follow particular tracks in high school if they pick a college major or choose a trade school. Sometimes these programs are called pathways. Nevertheless, they may be offered in Visual Arts, STEM, Business Management, Automotive Repair, Hospitality or Mathematics. While students will still get an array of core classes, by enrolling in a track, their electives and certain other classes may be geared toward a particular pathway. For example, an eligible math course for a business student may be accounting as opposed to calculus for a general education student. These pathways help develop passions and interests and enable high schoolers to grow accustomed to the customization of a degree.

High school has evolved to introduce students to higher education in novel ways.

How parents can pitch in at their children's schools

Giving back to one's community can take many forms. Some may give back by supporting legislature to make communities more inclusive, while others may volunteer with their local fire departments. Parents of school-aged young-

sters can typically find many opportunities to give back through their children's schools.

Parents who volunteer with their children's schools often get a unique glimpse into their children's life at school. Such

parents may see how their children interact with educators and classmates and gain greater insight into the school community where kids spend so much of their time. Volunteering at school also can benefit kids, who may recognize the importance of education more readily if mom and/or dad are spending their free time on campus. That recognition can leave to improved performance in the classroom.

Parent-teacher associations can be great resources for parents who want to volunteer with their children's schools. Each year, students graduate and move

on to new schools or colleges, and that means schools are in fresh need of parent volunteers each school year. Though each school has its own unique needs, the following are some roles parent volunteers may be able to play at their children's schools.

- Tutor
- Mentor
- IT support: Parents with significant experience in tech or information technology can offer to lend a hand or provide advice or insight in support of a school's IT staff

See PARENTS, page 7

GET IN THE GAME AT THE Y



Youth Volleyball League

Girls & Boys, Grades 3-6
 October 3 - November 16, Tuesdays & Thursdays
 Registration Deadline: September 21
 Evaluations: September 19 & 21, 5:30-7:00pm
 Fee: Members \$40/ Non-members \$65

Jumpstarter Basketball Clinic

Boys & Girls, Grades Pre-K - 4
 October 9-11
 Pre-K & Kindergarten - 5:30-6:15pm
 Grades 1-4 - 6:30-7:30pm
 Registration Deadline: October 8
 Fee: Members \$30/Non-members \$45

Spirit 3-on-3 Basketball League

Boys & Girls, Grades 4-8
 Mondays, November 6-27
 2 games per night, 30 min. games
 Registration Deadline: October 23
 \$30/player, 6 player max per roster



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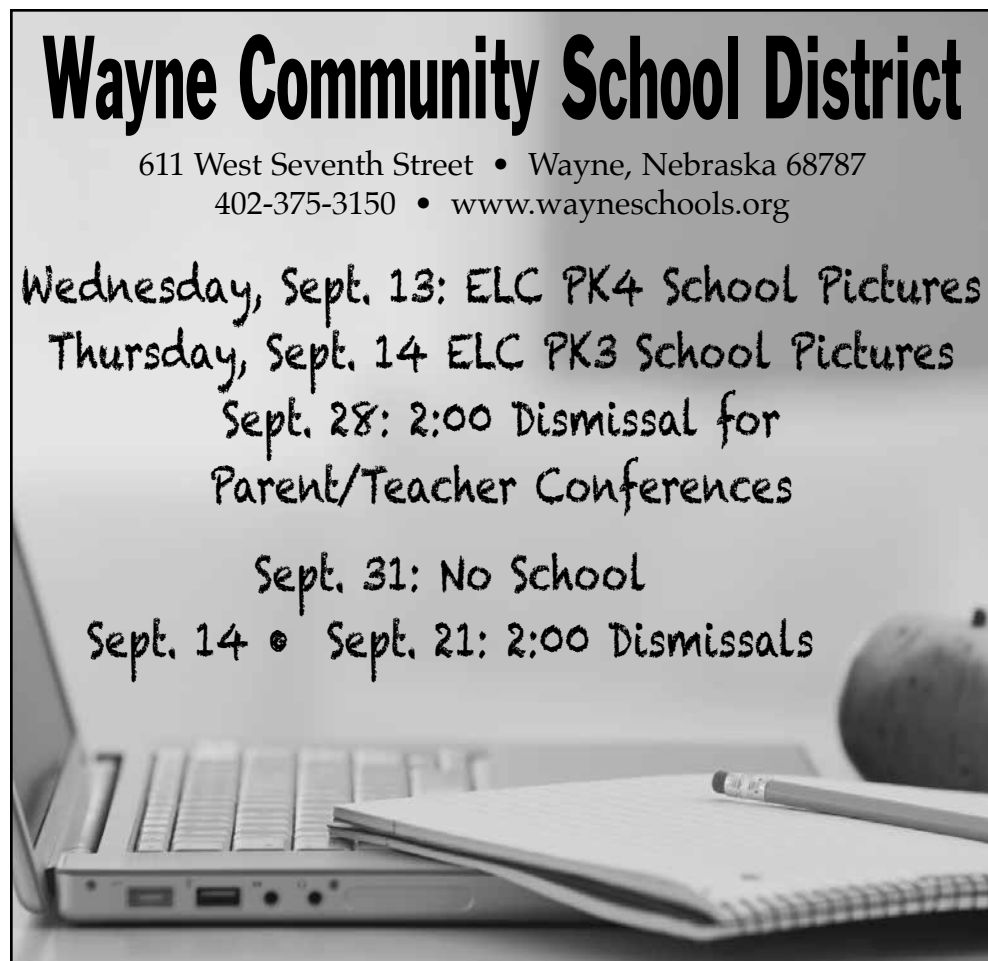
Wednesday, Sept. 13: ELC PK4 School Pictures

Thursday, Sept. 14 ELC PK3 School Pictures

Sept. 28: 2:00 Dismissal for
 Parent/Teacher Conferences

Sept. 31: No School

Sept. 14 • Sept. 21: 2:00 Dismissals



ADHD

(continued from page 5)

Behavioral symptoms of ADHD:
The AAP says ADHD includes three distinct groups of symptoms: inattention, hyperactivity and impulsivity. Children with inattention may daydream and have a hard time paying attention, often do not seem to listen, may be easily distracted from work or

play, and may not follow through on instructions or finish tasks. Children with hyperactivity may be in constant motion, exhibit difficulty staying seated, frequently squirm or fidget, talk too much and be incapable of playing quietly. Children with impulsivity may frequently act and speak without thinking, run into a street without first look-

ing for oncoming traffic, be incapable of waiting and frequently interrupt others.

It is important for parents to recognize children with ADHD will not necessarily have all the symptoms. Symptoms are classified by the type of ADHD a child has, and a physician will indicate that upon diagnosis. ADHD cases are usually determined to be inattentive only, hyperactive/impulsive or combined ADHD, which includes symptoms of inattention, hyperactivity

and impulsivity.

When should I alert a physician?

The AAP explains all children exhibit the symptoms noted above from time to time. However, a physician should be alerted when children exhibit those symptoms on a regular basis for more than six months.

ADHD can affect children both academically and socially. More information can be found at healthychildren.org.

Parents

(continued from page 6)

· Organizer: Schools host many functions in a typical school year, and officials typically ask parents to pitch in so such events can be successful. For example, parents can help organize school fundraisers, dances and holiday bazaars.

· Chaperone on field trips
· Assistant coach: Many schools pay stipends to the head coaches of their athletic teams, but parents can serve as unpaid assistants or support staff during the season. For example, parents can volunteer to work as gameday staff, taking tickets at the gate or directing ticket holders where to park.

· Club official: Extracurricular clubs also can benefit from parents willing to work as volunteers. Parents can help students who want to start new clubs or

serve as moderators or helpers in existing clubs.

· Speaker: High schools may host periodic career days throughout the school year to help students on the cusp of applying to college uncover potential career paths. Parents with significant professional experience in a given field can offer to speak to students on career days, sharing information about their careers and industries and answering any questions students may have.

· Administrative support: Parents also can pitch to help with behind-the-scenes administrative duties like letter-writing, grant proposals and other projects that play a vital role in securing funding for school programs and other services.

Parents who want to give back to their communities can take an active role in their children's schools.

Upcoming Events

Every Friday — Early Dismissal - 2:00 PM

Sept. 20 — Parent/Teacher Conference
4:00-8:00 PM

Sept. 22 — Fall Break - No School

Oct. 5 — Fall Music Festival - 7:00 PM

Oct. 9 — NECC Hawkfest Honor
Band Choir

Oct. 14 — Hobo
Days Parade -
9:30 AM



WINSIDE PUBLIC SCHOOLS

203 Crawford Avenue
Winside • 286-4466

September 19 ~ Early Out - 1:50 pm
Parent Teacher Conferences 3pm - 7pm
October 13 ~ End of the First Quarter
October 19 ~ Picture Re-take Day
October 20 ~ No School
Oct 23 - 27 ~ Red Ribbon Week

Allen Consolidated School
 126 East 5th Street - Allen - 402-635-2484 - www.allenschools.org

10th Annual Sunday, September 24, 2023

Cars-N-Carroll

Show & Shine

12:00 pm to 4:00 pm **Carroll, NE** **Rain or Shine**

300+ Entries in 2022!

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 Any Make or Model Welcome
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 or
 Register day of show 9:30am to 12pm
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Face Painting
 Food Trucks

Kids Show & Shine
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