

Family



New income guidelines for WIC increases eligibility

New income guidelines increased the number of families who could qualify for the Women, Infants, and Children (WIC) supplemental nutrition assistance program. The WIC program is a federally funded program and is an equal opportunity provider.

“Our Nebraska WIC program serves about 35,000 eligible people in our communities each month,” said Dr. Timothy Tesmer, Chief Medical Officer for the Nebraska Department of Health and Human Services. “WIC is a vital public health program that provides healthy

food, nutrition services, health screenings and referrals, and breastfeeding support for families in need across Nebraska.”

The maximum income allowed for participation in WIC increased. Some families who were not eligible for the program in the past may now be eligible. For example, a family of four can make up to \$57,720 annually and could still qualify for WIC. This is a \$2,220 increase from last year.

WIC Income Guidelines

Family Size Annual Monthly

1	\$27,861	\$2,322
2	\$37,814	\$3,152
3	\$47,767	\$3,981
4	\$57,720	\$4,810

WIC provides nutritious foods, health education, and breastfeeding support to women who are pregnant or just had a baby, infants, and children up to the age of five. All caregivers are welcome to apply for their child.

Nebraska WIC serves every county in the state with 13 main agencies and over 100 sites. Moms, dads, grandpar-

ents, foster parents, and guardians are encouraged to make an appointment at their local WIC office to apply for the program.

Current Medicaid, SNAP, or ADC recipients are income-eligible for the WIC program. However, if families' incomes are too high for these programs, they may still qualify for WIC. All foster children under five years of age and pregnant teen moms in foster care are income-eligible for WIC.

You can find a WIC location near you at www.signupWIC.com.



Ready for a new school year

One of the back-to-school rituals is an open house prior to the start of the school year. At Laurel-Concord-Coleridge Schools students and families were able to visit classrooms and teacher prior to the first day of school on Aug. 15. While waiting for her sister, Lydia, Ella Clegg takes a seat in the classroom her sister will be attending. Aubree Detlefsen looks over papers on her desk during the event. After a couple of years of having little space, with students and staff spread out over campus, the joy of bigger rooms, and everyone being under one roof is exciting.

Raise the stakes of family game night

Getting the entire family together can take a little effort. There is no shortage of activities that pull family members apart most days of the week, from work obligations to sports practices to school events. The United Kingdom-based media provider Independent reported in 2023 on a study of 2,000 parents with children at home. The study found families are only spending six hours a week together, which is less than an hour each

day. Furthermore, they only eat meals as a household four days out of seven.

Eking out more time for family may be as easy as scheduling activities that everyone can rally behind. Family game nights give everyone an excuse to gather at least once a week. These tips can make family game night a can't-miss activity.

• **Start with simple games and branch out.** The first step to a successful family game night is choosing the right game to



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engage all participants. This can be challenging when there are young children, teenagers, middle-aged adults, and even seniors participating. Visit an independently owned toy and games store and pick the brain of the proprietor. He or she will likely have some suggestions to get you started. As participants become more comfortable, you can branch out with games.

• **Make it a recurring event.** Set a firm day of the week for the game night. This way participants will block out that date and time and make every attempt to attend. Treat game night like any other important appointment.

• **Consider games with movement.** Game night doesn't have to mean sitting around a board game, which young children who have trouble sitting still may characterize as a "bored" game. Games that get people moving, whether it's charades, drawing games or a game such as Twister™ can be more engaging. Game night also can take activities to a golf driving range or an arcade.

• **Gather for the right reasons.** Game night should focus on having the entire family together laughing and competing in a good-natured way. It should not be

a strict competition where winning is the only goal. Avoid the potential for sore losers who can sour game nights in a flash by letting everyone know that fun is the foremost priority of the night.

• **Offer prizes.** Encourage participation with the lure of prizes at the end. Prizes will not just go to the overall winner. There can be humorous awards, such as the player who messed up trivia questions the most, or the one who rolled matching pairs of the dice most frequently. You can customize the winning categories depending on the game played so everyone gets a fighting chance at a prize. Keep awards simple, like candy bars or other appealing treats.

• **Identify a "game master."** Every game night should feature a game master who presides over the rules of the game. The rules can be the ones strictly off of the information sheet, or the ones you customize for your own fun. The game master's job is to make sure the rules are enforced, but also to determine when it's alright to let things slide.

Family game nights are a vital way to bring everyone together at least once a week in a manner that is entertaining and fosters solid family relationships.

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Sept 14 - FFA Tractor Driving Contest @ Pierce, NE	Sept 26 - Homecoming Coronation & Parade - Time: TBD
Sept 17 - ASVAB Interpretation	Oct 1 - 15 - Puff Pastry Fundraiser - Music Department
Sept 19 - FFA Range Judging	Oct 2 - FFA Land Judging
Sept 20 - Ponca Expo Field Trip	Oct 5 - Wayne Band Day
Sept 23 - 28 - HOMECOMING WEEK	Oct 9 - FFA Chapter Meeting
Sept 23 - No School - Teacher In-Service	Oct 10 - Nov 8 - FFA Fruit Sales
Sept 24 - EARLY OUT at 1:50pm	Oct 16 - Evacuation Drill
Sept 24 - Parent-Teacher Conferences 3pm - 7pm	Oct 18 - End of the 1st Quarter
Sept 25 - FFA District Dairy Evaluation @ Hartington	Oct 22 - Picture Re-take Day
	Oct 23 - 26 - FFA National Convention @ Indianapolis, IN

Protect pets both inside and outside the home

Newly adopted pets waste little time becoming beloved members of a household. But much like young children, pets are a significant responsibility, and they rely on their human caretakers to ensure their safety.

Pets are susceptible to illness and injury just like their human companions. The Pet Poison Hotline reported a 51 percent increase in the volume of calls between 2020 and 2021. Banfield Pet Hospitals also saw about half a million more pet visits in 2020 than in 2019. Furthermore,



Dogster reports that 47 percent of pet owners had to deal with a serious medical issue or took their pets to emergency care in 2021.

Keeping cherished pets safe in and around a home is no small task. But with some diligence, it is possible to ensure health and happiness for companion animals. Follow these tips, courtesy of the Florida Fish and Wildlife Conservation Commission, Old Farm Veterinary Hospital and Security.org.

- Consider an indoor and outdoor security camera system**
Having eyes on pets while you're away from home enables a quick response should something happen.
- Avoid leaving pet food**

outdoors overnight
Dog and cat foods can attract other animals, such as bears, raccoons, foxes, and opossums, depending on where you live. Wild animals grow accustomed to receiving easy meals and this could decrease their trepidation about being around a home or yard. Run-ins between your pets and wild animals should be avoided at all costs

Skip the retractable leash
Walking a pet on a non-retractable leash allows better control of the pet in

the event of an encounter with a person or another animal.

Be cautious with chemicals
Carefully consider any chemicals you use in your yard, including pesticides and weed killers, as well as any cleaning products used indoors. Pets can ingest or inhale these products and get sick.

Pick up potential choking hazards
String, small pieces of toys, rawhide bone fragments, and other items can be choking hazards to pets. Be diligent about removing these items from the floor so that pets will not swallow them.

Tap on your car hood
Families who allow their cats outdoor access should thump on the car hood when it is cold outside, as sometimes

cats take shelter near a warm engine block. Cats can become injured if you start the car while they are under the hood.

Stay up-to-date on vaccinations
Whether pets never step outdoors or have free rein, always vaccinate companion animals against common parasites and other pests.

Microchip your pets
Microchips not only protect pets should they get lost, but they also can help track down animals that may have

been stolen. Remember to keep microchip data current to ensure a swift recovery.

Keep foods and medicines out of reach
Many human foods can be toxic to pets, as can medications that are kept in a home. Pets can be curious and easy access to these items may make them quite ill.

Pets need their owners to take key steps to safeguard their well-being.

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The many ways to embrace a three-day weekend

Most people would admit they've experienced a case of the "Sundays" at some point in their lives, or perhaps, every week. The Sundays occurs when you know weekend time is fleeting, particularly as Sunday afternoon turns into Sunday evening and the work week looms on the horizon. But when the weekend just happens to be a three-day weekend, those concerns about Monday's arrival vanish.

In the United States, three-day weekends owe their existence largely to the Uniform Monday Holiday Act. In 1968, Congress moved a number of federal holidays to Monday. This enabled a longer weekend rather than breaking up the work week. In other countries, three-day weekends may result from their own federal holidays and other observed occasions.

Nearly everyone enjoys a long weekend. And there is a growing body of evidence that a shorter workweek contributes to greater productivity. Reflect,

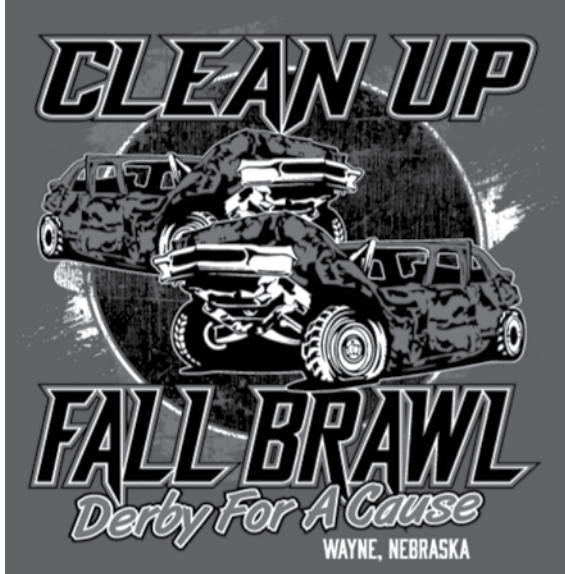
a company that promotes biofeedback and meditation services, reported that more than 900 workers in 33 companies in the U.S. and Ireland participated in a six-month-long test of a four-day workweek. Ninety-seven percent of employees said they enjoyed having the extra day to themselves. The companies reported an average 8 percent increase in revenue during the test period and a 38 percent increase compared to the same time period the previous year. Three-day

Sleep in an extra day

Sleeping longer has been shown to improve health and longevity. Long weekends present ample opportunity to relax sleep routines and roll over for an extra hour or two.

Disconnect for a day or two

Long weekends enable you to turn off devices and get away from the constant distractions of life. Plan a day when you're devices-free. Go hiking, camping, boating, or enjoy other nature-heavy



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weekends promote mental health by giving individuals an extra day to recharge.

Those looking to maximize their three-day weekends can consider the following ideas.

Host a party

Anyone who has booked a party venue realizes that Friday and Saturday are the busiest and often most expensive days to host an event. With a three-day weekend, you can host a party on Sunday when rates may be cheaper and availability greater. Guests won't have to worry about waking up early the next day to go to work.

Take a short trip

Use the extra day for a short getaway. Leave Friday afternoon or evening and enjoy a little extra R&R away from home.

activities.

Catch up on chores

Although it's not the most glamorous use of time, a three-day weekend gives you an extra day to tackle projects around the home. Therefore, that remodeling idea or landscaping job that you've been putting off can get finished due to the extra day off.

Spend time with your family

Work and school may get in the way of sitting down with the family to enjoy meals and activities. Plan to do more of that when a three-day weekend pops up, allocating at least one day of the weekend exclusively to family time.

Three-day weekends provide extra time for those who can relish in the break the extra day off provides.



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Tips to transform a living room into a go-to viewing space

Watch parties are wildly popular. Whether it's a gathering for the big game or a group of friends anxious to see the latest episode of a favorite television show, watch parties have become a fun way to enjoy special events with family and friends.

Many bars and restaurants have recognized the popularity of watch parties and looked to capitalize on the trend, particularly for sporting events. Watch parties can make for a fun night out, but

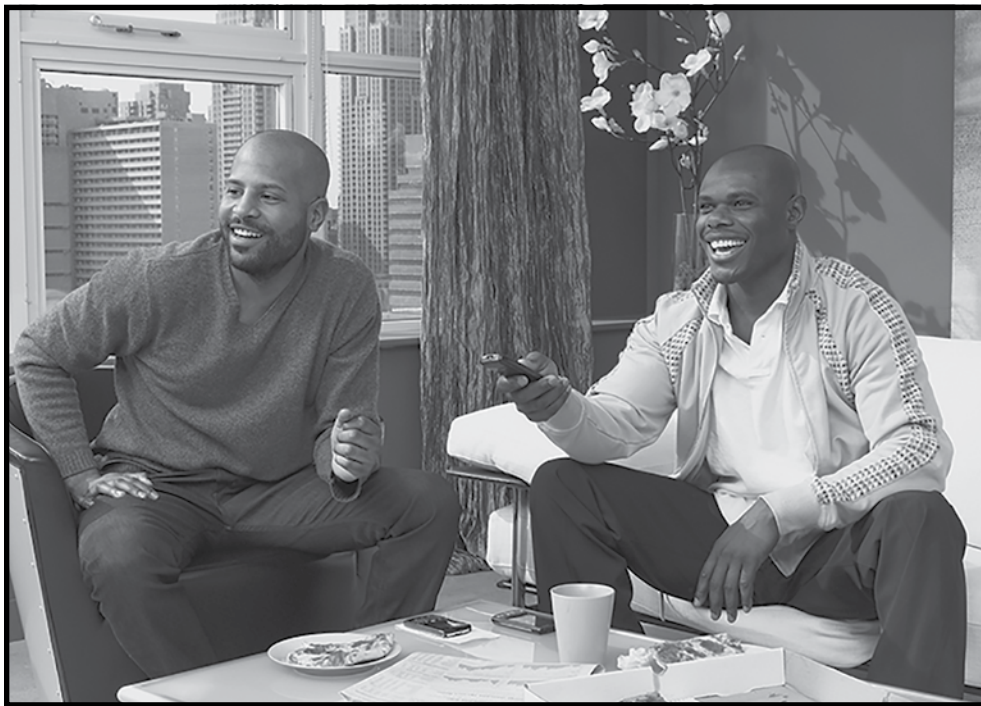
including Peacock, Amazon Prime and Netflix, are now even broadcasting National Football League games. Homeowners who want to host watch parties must invest in high-speed internet and perhaps even a new router to ensure games and shows are not interrupted by the dreaded spinning wheel or issues that can arise if internet speeds are slow. If necessary, relocate the router to the living room to reduce the risk of streaming interruptions.

recessed lighting in the living room can reduce glare and reflections on the screen once a movie or show begins. Recessed lighting above a mounted television can illuminate the screen so everyone can see it but won't appear in the screen and adversely affect what viewers can see.

- **Consider upgrading your television and sound.** It goes without saying that a television is wildly important when hosting a watch party. The experts at Best Buy note that 8K resolution is the highest resolution available in the television

market. Such devices provide an extraordinary viewing experience, but they also can stretch homeowners' budgets. A 4K television won't cost nearly as much, and these devices also provide superior image quality. When a new television is paired with a premium soundbar, viewers can settle in for a memorable game day or movie night experience.

Homeowners can embrace various strategies to make watch parties an extraordinary experience for themselves and their guests.



homeowners can do much to make their own living room a go-to spot for the next big game or series finale.

- **Expand seating space, if necessary.** Of course, guests for the big game or movie night will need a place to sit. Homeowners who love to host can determine their ideal gathering size and then work to ensure their entertaining space has enough seats to accommodate everyone. Multifunctional furniture can help if space is limited. For example, some stools that are typically used as footrests can be repurposed as seats when guests arrive and an upholstered coffee table can provide an additional space for guests to sit. Another option is to work with a contractor to add a built-in window seat or bench beneath a picture window.

- **Convert an existing space into an open floor plan.** A 2023 survey from Rocket HomesSM found that more than half of individuals surveyed preferred open layouts to traditional layouts. Open layouts can make living spaces feel more airy and less claustrophobic, and such designs also make it easy to accommodate more guests. Homeowners can speak with a local contractor to determine ways to convert living spaces into open floor plans.

- **Invest in your internet.** Whereas cable television used to be the go-to option when watching sports, movies and television at home, streaming platforms have now taken over, as many,

- **Reconsider your lighting scheme.** If movie nights or television shows dominate your watch party schedule, some

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Baby safety tips for new parents

Becoming parents for the first time is a joyous experience nine months in the making. First-time parents may be a little apprehensive about life with an infant. Despite all the books, well-meaning relatives and personal research, a lot of what goes into caring for an infant is a combination of instinct and trial and error.

Safety and security is paramount when caring for a baby. An infant relies on his or her parents for everything, including a safe environment in which to grow. New parents can keep these safety guidelines in mind as they care for their children.

Car safety

A trip home from the hospital likely will be the first car ride your baby will take. The American Academy of Pediatrics says most injuries and deaths from car crashes can be prevented by the use of car safety seats. An infant should ride in the back seat in a rear-facing car seat. Ensure the seat is installed correctly by reading and following the instructions that come with the car seat as well as instructions in the vehicle manual.

Bath time

Babies and young children can drown in just one to two inches of water, advises Nationwide Children's Hospital. When bathing a baby, never leave the child alone in the bathtub, even for a second. Use a sink or an infant tub with a non-

skid mat so that most of the baby's body and all of his or her face is out of the water. Keep all supplies within reach so you can keep one hand on your baby at all times. Check the temperature of the water with a thermometer to make sure it is not too hot, as babies can be scalded at temperatures that would not cause burns in adults.

Falls

Although infants cannot crawl or walk early on, they will wiggle and push against things with their feet. Soon your baby will be able to roll over. Do not leave your baby alone on changing tables, elevated furniture, beds, and the like. When your child is able to crawl, extra caution is needed to block off staircases or rooms where he or she might get hurt.

Sleep

Babies will spend a lot of time sleeping, and their cribs and bassinets should meet current safety standards. Well-meaning parents or grandparents may want to pass down a crib but that crib might not meet the safety requirements recommended today.

Mattresses should be firm and fit snugly inside of a crib or bassinet. Keep items like comforters, quilts, stuffed toys, pillows, and bumpers out of the crib, as each can increase the risk for suffocation.

Use a wearable zip-up blanket sack for the baby instead.

The Safe to Sleep® campaign was instituted in 1994 by the AAP Task Force and recommends babies be placed on their backs to sleep for naps and overnight to help reduce instances of sudden infant death syndrome (SIDS). Breastfeeding,

sharing a room with a baby for the first six months and offering a baby a pacifier also can help reduce SIDS.

These safety guidelines are some of the many recommendations parents can keep in mind when caring for their babies.

Academic performance can be affected by eyesight

Many variables affect students' academic performance. These include a willingness to learn, students' attentiveness, having a great teacher, and kids' commitment to studying and doing homework. One component of academic performance can be easily overlooked: eyesight.

The M.M. Joshi Eye Institute in India says vision problems in children can affect studies and restrict students' academic development. Academic performance is directly linked to the ability to see clearly, as vision affects reading, writing, comprehension, and classroom participation. Clarendon Vision Development Center of Illinois advises that a substantial part of a child's education is acquired through visual processing. When that vision is impaired, it can hinder the ability to learn and absorb information effectively.

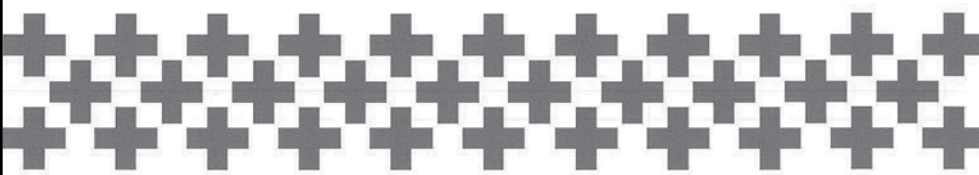
Impaired eyesight may cause students to struggle and fall behind. This ultimately can lead to a lack of engagement in classwork and ultimately make them consider giving up, particularly when a student is unaware that it is eyesight and not another factor affecting their ability to learn. Furthermore, poor grades may cause parents to mistakenly conclude a child has a learning disability or is slacking off.

The relationship between eyesight and education underscores the significance of routine eye exams. Intervention can help prevent poor academic performance. Infants often get their first comprehensive eye exams around zero to six months of age. By age three, children should have a second eye exam, says Medical Optometry America. Around age five or six, children should receive a third comprehensive eye exam, just before entering school. Eye exams should then be scheduled at least every two years. These guidelines can be adjusted if any vision problems are detected and more frequent exams are needed.

Eyesight plays a key role in a child's ability to learn and excel in school.

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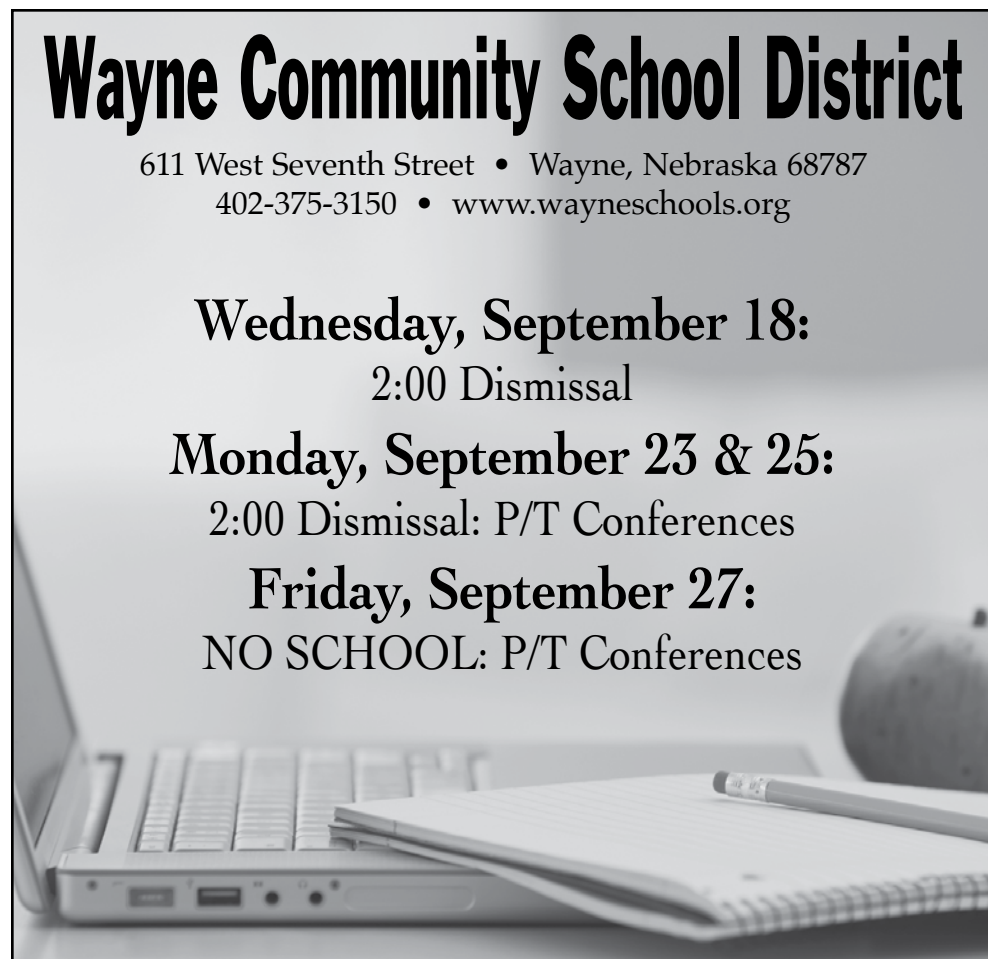
Wayne Community School District

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Wednesday, September 18:
2:00 Dismissal

Monday, September 23 & 25:
2:00 Dismissal: P/T Conferences

Friday, September 27:
NO SCHOOL: P/T Conferences



Safe trick-or-treating tips are given for children

Halloween is enjoyed by people of all ages, but few get a bigger kick out of the holiday than children. There are costumes to be worn, time spent with friends and the opportunity to collect free candy and other treats.

Although Halloween can be a fun time, the Children's Safety Network warns that it's also a time when accidents can happen. According to the CSN, the most dangerous day for child pedestrians is Halloween, with two times as many child pedestrians dying on Halloween compared to other days. It is essential to prioritize safety on Halloween, and following these guidelines can help.

Make sure costumes are short

Costumes that drag on the floor are tripping hazards, which can lead to injury. Be sure that costumes do not cover the feet or drag on the ground.

Trick-or-treat in groups

Children are safer in numbers due

to the increased visibility of a crowd and because, if something happens, others can call for help. Parents can use their discretion on what age they feel is mature enough to let children go out alone. Until then, children should be accompanied by adults.

Improve visibility

It's important to be seen while trick-or-treating, and that can be achieved by making sure costumes and trick-or-treat bags feature reflective tape. Trick-or-treaters also can carry flashlights or glow sticks to improve visibility, and stick to areas with streetlights if going out after dark.

Stay on sidewalks

Whenever possible, trick-or-treaters should stick to the sidewalks and avoid walking on the roads. This may not always be possible in neighborhoods without sidewalks, where parents and youngsters must be especially careful.

Eat before trick-or-treating

A meal or snack before trick-or-treating can reduce the tendency to fill up on candy while out and about. All candy

Avoid masks that obstruct vision

It can be hard to see peripherally with a mask on, so avoid costumes with masks that compromise vision.



and other treats should be inspected by an adult before it is eaten.

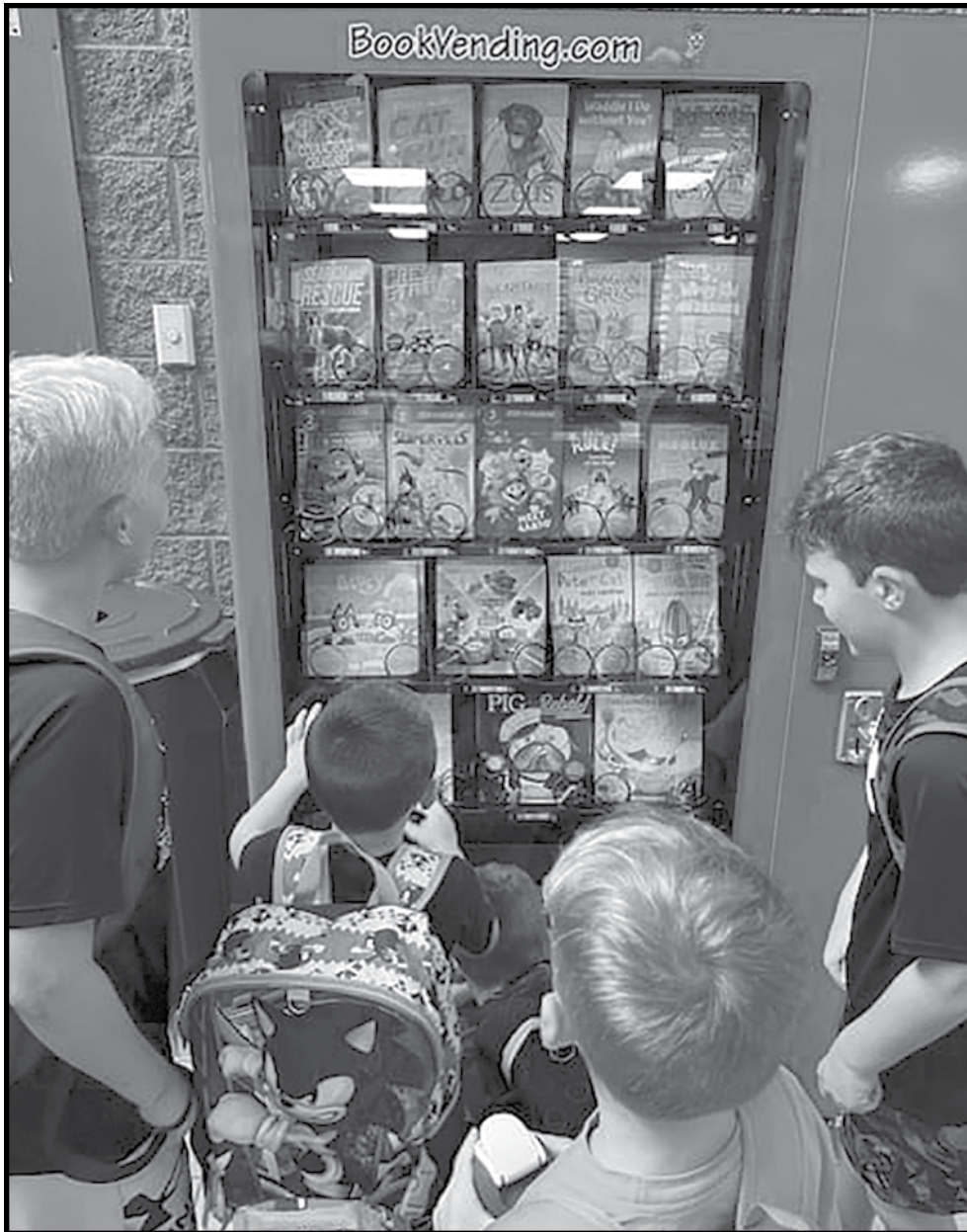
Keep pets locked away

Animals can become skittish when there are many people loitering outside of homes or ringing doorbells. Keep pets in a quiet room away from the action to prevent them from getting loose, injured or scared enough to bite or scratch someone.

Test out makeup beforehand

All makeup used for costumes should be tested for allergic reactions prior to use. Heed the warnings on packaging and avoid putting makeup too close to the eyes or lips.

These are some safety strategies designed to keep Halloween fun and incident-free this year.



I think I will pick....

Students at Wayne Elementary School have been able to earn books for displaying positive behavior. The book vending machine was provided to the school through a READ Nebraska grant and the Wayne TeamMates program. A total of 300 books will be available to students through several programs throughout the school year.

WINSIDE PUBLIC SCHOOLS

203 Crawford Avenue • 402-286-4466

Every Friday - 2pm Dismissal
 Oct. 2 & 9 - PT Conferences 4-8PM
 Oct. 5 - 7-12 Band @ WSC
 Homecoming Parade
 Oct. 7 - Hawkfest Honor Band & Choir
 Oct. 11 - No School - Fall Break



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