

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's Notes — Janet's Jargon

Janet Broer
FCE Council Chair

The weather is heating up and that means County Fair time is almost here. There are lots of activities for all ages that includes fun and learning. Home Serve Club and other volunteers will host Health Awareness Day on Aug. 5, 10 a.m. to 2 p.m. Stop by and say hello if you are attending the fair that day. Check THE



NEBLINE for other events.

Before we know it, classes will also begin. Why not have a little summer party for the students in your life. Entertain with some of your favorite and simple summer dishes. Cut some flowers and foliage from your garden for light decorating and you're set to go for some quality time with your school guests. I'm sure

they would love it.

For me summer living is the greatest if you can escape to a lake for a few days. I plan to head to Wisconsin Chair of Lakes and cool off for a short four days. Vacation days are always shorter than regular days, you know. I hope each of you can find some cool relaxing time during August before fall activities get into full swing. Have safe and fun time whatever you do.



FCE News & Events



Dawn Fulton (left) received the 2004 FCE scholarship.

Scholarship Winner

Dawn Fulton, a student at BryanLGH College of Health Sciences School of Allied Health, received the 2004 Family and Community Education Council Scholarship. Dawn is enrolled in the Vascular Sonography program and plans to graduate in May 2005. (LB)

Next Council Meeting
Sept. 27

The FCE Council meeting will be Monday, Sept. 27, 12:45 p.m. at the Lancaster Extension Education Center. This will be a salad luncheon. Each attendee is asked to bring a salad. Following the luncheon the Groundwater Foundation staff will present a program "Protecting Nebraska's Unseen Treasure" about Nebraska's Groundwater resources and what you and your community can do to protect and conserve it. The business meeting will follow the program. Call Pam at 441-7180 to sign up for the meeting. All FCE members are invited to attend. (LB)

"Aging Friendly Communities" Leader Training

The October leader and community training lesson, "Aging Friendly Communities," will be presented by Extension Educator Lorene Bartos on Tuesday, Sept. 28, 1 p.m. Many Nebraska communities today find their largest population segments are over 65 years of age. This demographic trend is likely to continue as the baby boom population ages. Many communities can benefit from being "aging friendly." Non-FCE members should call Pam at 441-7180 to register so materials can be prepared. (LB)

Summer Sampler Sizzled!

More than 120 people attended this year's Sizzling Summer Sampler on July 13. The FCE Council event included a basket raffle which raised over \$300 for their scholarship fund.



Two learnshops were presented: "Bring in the Blooms" by Kevin Smith (pictured above), and "Colorizing Your Spaces" by Brenda Danley and Bonnie Evert.

Getting Ready for the New School Year

Most working parents look forward to the beginning of school. If nothing else, it's a relief not having to deal with keeping the kids busy, happy and safe while parents work.

Parents want to help their kids make a smooth adjustment to their new school situation, whether it is child care, first grade, junior high or even college. They are concerned about how to be supportive and also encourage independence. If parents "let go," will they still be assured their kids are having positive experiences in school and with friends?

While children need adult support to learn how to cope, they also need to learn how to solve their own problems. Parents can't smooth everything out for a child and shouldn't

want to—ragged times contribute to a youngster's strength and resiliency. These tips can help prepare for the beginning of school.

- Give kids of any age a chance to tell you what's on their minds. Listen and don't minimize their fears or anxieties. They may seem foolish but are very real to the child. For young children, parents could act out some of the situations the children are fearful of. For example, "What if Johnny teases you on the bus again? What will you say?"
- If a younger child is moving to a new building, arrange to visit the school one day even though there might be minimum staff there. Check out the bathrooms, cafeteria, school office and yard, as well

as classrooms. An opportunity to meet a new teacher is almost guaranteed to help the transition go smoothly.

- Make sure kindergartners or first graders know their home address and phone number, how to manage a backpack, how to carry a tray with food on it, how to handle small amounts of money, and has traveled the route to school in a car, bus or by foot.
- Try and locate at least one other child who will be in the child's class this year, or one who already goes to the same school. Take time to call and arrange to meet or at least talk before school starts. Establishing this connection is well worth the effort and can make a big difference to a child who is starting a new school. (LB)



by Lorene Bartos, Extension Educator

Lower Your Lighting Costs

Increasing your lighting efficiency is one of the fastest ways to decrease your energy bills. Turn off the lights in any room you're not using, or consider installing timers, photo cells, or occupancy sensors to reduce the amount of time your lights are on. Use task lighting; instead of brightly lighting an entire room, focus the light where you need it. For example, use fluorescent under-cabinet lighting for kitchen sinks and countertops under cabinets. Consider three-way lamps; they make it easier to keep lighting levels low when brighter light is not necessary. Finally, use compact fluorescent lamps (CFLs); they are much more efficient than incandescent bulbs and last 6 to 10 times longer. CFLs are more expensive than incandescent bulbs, but they pay for themselves by saving energy over their lifetime. (LB)

More Tools for Student Success

The U.S. Department of Education offers free research-based publications to help families and educators make good decisions about learning. They can be ordered by contacting EDPubs, The Department of Education's Publications Distribution Center at ED Pubs, P.O. Box 1398, Jessup, MD 20794-1398; 1-877-4-ED-PUBS or online at www.ed.gov/pubs/edpubs.html.

Two available publications are:

Put Reading First: The Research Building Blocks for Teaching Children to Read: This booklet summarizes for teachers what researchers have discovered about how to teach

children to read successfully. It describes the findings of the National Reading Panel Report and provides analysis and discussion in five areas of reading instruction: phonemic awareness; phonics; fluency; vocabulary; and text comprehension. Each section suggests implications for classroom instruction as well as other information.

Questions Parents Ask About Schools provides answers to commonly asked questions on topics such as Getting Ready for School, Monitoring School Work, Helping with Reading and Working with Schools and Teachers. (LB)

Helping a Child Ease Back Into School

The summer vacation for children is nearly gone and that means starting school. Children look forward to the new school year but their anticipation is tinged with some apprehension.

Transitions are exciting but scary. "Will the big kids tease me on the bus?" "Will my teacher be nice?" "Will I still be in a class with my best friends?" "Will I be able to find my way in that big building?" "How much homework will there be this year?"

Back-to-school transitions can be easy or difficult for children, depending partly on parental planning. Children are a year older and patterns won't be quite the same as last year.

Parents need to consider the following.

- Spend some time thinking what

will be different this fall from last. Will there be lunches to pack? Will someone else need to pick up the children on certain days? Start planning now who will do what — at least for early fall.

- Begin easing back into fall routines by mid-August. Children who've been sleeping late in the morning and eating at odd hours will need to get back on a schedule to catch the school bus and accommodate snacks and lunches.
- Parents should try and keep calendars as clear as possible during September. Some kids who manage well in school during the day, fall apart at night and may need parental evening time during this adjustment. (LB)

CHARACTER COUNTS! CORNER

Ethics

Standards of duty and virtue that indicate how we should behave. Two aspects of ethics:

- Ability to discern right from wrong, good from evil and propriety from impropriety.
- Commitment to do what is right, regardless of temptations and pressures to do otherwise. (LB)

