New Videos on Parenting Plans & Mediation

Nebraska parents are court mandated to create a parenting plan before custody and divorce are finalized. To better serve Nebraska families, two seven minute videos which explain developing a parenting plan and the mediation process are now available online at http://child.unl.edu/divorce.

Nebraska Parenting Act mediation is an informal problem solving process in which an experienced, impartial mediator meets with parents to assist them in creating a parenting plan. The mediator does not make parenting decisions, but helps both parents identify the child’s needs and make mutual decisions which are in the child’s best interest.

**ADDITIONAL RESOURCES:**
- Nebraska Office of Dispute Resolution, https://supermacourt.nebraska.gov/5942/offices-dispute-resolution
- The Mediation Center, www.themediationcenter.org
- Nebraska Extension divorces, children & stepfamilies resources, http://child.unl.edu/divorce

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**Nutrition Kits — 15 Years continued from page 1**

continued to partake in the program. Eighteen of the 25 participating schools have 100% classroom participation.

NEP staff members deliver the kits to the classrooms and lead the students in hand washing or a physical activity. The kit remains in the classroom for up to three weeks. During this time, teachers use the materials as they teach their nutrition unit. When NEP staff pick up the kits, they assist students in making a healthy snack.

Based on the local success, Nebraska NEP has replicated the school enrichment program for schools across Nebraska. Agencies in other states have also replicated the program, including Kansas, Missouri, Wisconsin and New Hampshire. Last year, there was interest and partnership in developing similar kits for schools in the Czech Republic.

Research shows for every dollar spent on nutrition education to families, $2.07 to $5.29 are saved in health care costs. In Lancaster County, teachers and administration continue to support usage of these kits and the benefits to their schools and students. The quotes with this article illustrate the impact the nutrition kits have made on youth, teachers and the community over the past 15 years.

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**Household Hazardous Waste Collections**

These collections are for households only. Only residents of Lincoln and Lancaster County can bring items to collections.

**SOME ITEMS YOU CAN BRING FOR DISPOSAL:** Thermometers, thermostats containing mercury, bleach cleaners, paint, oil-based paint, point thinner, furniture/upholstery, oil-based stains, old gasoline, transmission fluid, pesticides, sealant or propylene cylinders. You can dispose of compact fluorescent light bulbs at these waste collections.

**DO NOT BRING:** latex paint, fertilizers, medicines/pharmaceuticals, electronics & computers, large propane cylinders, tires, used oil, batteries, antifreeze or ammunitions.

For more information or if you have questions how to recycle or dispose of items not accepted, call the Lincoln-Lancaster County Health Department at 402-441-8021 or go to www.lincoln.ne.gov (keyword: household).

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**Students Say continued from page 1**

“One thing I learned was from the soda activity. It was very surprising to see how much sugar you consume in an entire year.”

—West Lincoln Elementary 5th grader

“My mom and dad know not to buy unhealthy things from now on.”

—2nd grader

“I tried new foods. I tried lima beans, zucchini and peppers. I didn’t like these things but I eat them anyway. It’s not that I like them, it’s because my health, so my bones and muscles can get stronger. I am staying healthy no matter what, hip hip hooray!”

—Sacred Heart Elementary School 2nd grader

“I love the health unit — it is the most fun thing in school ever.”

—3rd grader

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**House to School Time is Near — Is Your Family Ready?**

Lorene Bartos
Extension Educator

It is time to start thinking about getting your family ready to go back to school. As time allowable prior to your child’s first day of school, there are things we can do to make the transition easier for adults and children.

If you have someone entering kindergarten, even if their attendance is only during preschool or early education years, there will be separation anxiety for both the parent and the child. This anxiety is normal and great for a pattern for children. It is part of their development. Always let your child know you are leaving. Say goodbye even though it may be difficult for both of you.

As you prepare for the school year the following are important items to check:

- Review your child’s medical records and make sure all their vaccinations are up-to-date and all school physicals are complete or appointments have been made. If children are involved in sports, do they have their physicals?
- Prepare your child’s wardrobe. Summer clothes will probably be fine for the first few weeks of school. Check fall and winter clothes to make sure they still fit or to see what may need to be purchased.
- Watch sales and consignment shops for clothes. Make sure you and your children are aware of the school’s dress code.
- Check what school supplies will be needed and watch for sales or, if necessary, learn what organizations are willing to help supply these items. Generic pencils, folders and backpacks work just as well as the latest fad ones. These items are also good to put on birthday and holiday gift lists for grandparents, etc.
- Plan the transportation that will be used. If there are older children and they will be walking to school, practice the path. If your family will be carpooling, check with the neighbors or friends to work out a schedule.
- Check with the school or make sure you have read and kept up-to-date on correspondence so your children have everything they need for the new school year. Make sure you have the start and dismissal time of school.
- Make sure to mark the school safety night and open house on the calendar so your children can get started for the new school year in the right way.
- Start early planning and practicing the new fall bedtime and wake-up schedule. Work on routines that were not used during the summer. These might be breakfast schedule, bath time and bedtime routines.
- Perhaps set aside some time each evening to play a quiet game or read. Stress the importance of being awake and alert for the school day.
- Talk with your children about the new school year so they’re prepared for the changes that will take place and are ready for a productive school year.